

Self-Management

British Columbia



PUT LIFE BACK IN YOUR LIFE

Free Six-Session Workshops for Adults

- Learn techniques to better manage your health
 - Set goals and problem solve
- Communicate more effectively with your family, friends and health care team
 - Deal with stress and difficult emotions
 - Take action and live a healthier life

Family Members and Friends Welcome

REGISTRATION REQUIRED

NEW SELF-MANAGEMENT HEALTH COACH PROGRAM

FREE one-on-one phone support will help you get the most out of life!



Institute on Aging & Lifelong Health



FREE SIX-SESSION SELF-MANAGEMENT WORKSHOPS IN FRASER HEALTH NORTH

Diabetes

Dogwood Pavilion
624 Poirier St., Coquitlam
Tuesdays, Feb. 20 to Mar. 27, 2018
1:00 pm to 3:30 pm

Lifetime Learning Centre
32444 Seventh Ave., Mission
Fridays, May 4 to June 8, 2018
11:30 am to 2:00 pm

Chronic Conditions

Cameron Recreation Centre
9523 Cameron St., Burnaby
Saturdays, Mar. 10 to Apr. 21, 2018
10:00 am to 12:30 pm

Dogwood Pavilion
624 Poirier St., Coquitlam
Wednesdays, April 18 to May 23, 2018
1:00 pm to 3:30 pm

Chronic Pain

Burnaby Neighbourhood House
4460 Beresford St., Burnaby
Wednesdays, March 14 to April 18, 2018
12:00 pm to 2:30 pm

Cancer: Thriving & Surviving

Queensborough Community Centre
920 Ewen Ave., New Westminster
Wednesdays, April 11 to May 16, 2018
10:00 am to 12:30 pm

To register or for further information
www.selfmanagementbc.ca
604-940-1273 (Lower Mainland)
1-866-902-3767 (Toll Free)
selfmgmt@uvic.ca