



## 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!

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

#### *Chronic Pain*

Glen Pine Pavilion  
1200 Glen Pine Court, Coquitlam  
Saturdays, Jan. 20 to Mar. 3, 2018  
12:15 pm to 2:45 pm

#### *Diabetes*

Cameron Recreation Centre  
9523 Cameron St., Burnaby  
Saturdays, Jan. 20 to Mar. 3, 2018  
10:00 am to 12:30 pm

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