

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 SELF-MANAGEMENT WORKSHOPS IN SOUTH FRASER HEALTH

Chronic Pain

Jim Pattison Outpatient Care Centre
9750 – 140th St., Surrey
Saturdays, Jan. 20 to Mar. 3, 2018
1:00 pm to 3:30 pm

Guildford Recreation Centre
15105 – 105th Ave., Surrey
Wednesdays, Feb. 21 to Mar. 28, 2018
12:30 pm to 3:00 pm

Jim Pattison Outpatient Care Centre
9750 – 140th St., Surrey
Saturdays, Mar. 10 to Apr. 21, 2018
1:00 pm to 3:30 pm

Chronic Conditions

McKee Seniors Centre
5155 – 47th Ave., Ladner
Thursdays, Feb. 8 to Mar. 15, 2017
9:30 am to 12:00 pm

Diabetes

Kennedy Seniors Centre
11760 – 88th Ave., Delta
Saturdays, Feb. 17 to Mar. 24, 2018
1:00 pm to 3:30 pm

McKee Seniors Centre
5155 – 47th Ave., Ladner
Thursdays, Apr. 5 to May 10, 2017
9:30 am to 12:00 pm

To register or for further information

www.selfmanagementbc.ca

604-940-1273 (Lower Mainland)

1-866-902-3767 (Toll Free)

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