



PUT LIFE BACK IN YOUR LIFE

FREE 6-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!**



University
of Victoria

Institute on Aging
& Lifelong Health



BRITISH
COLUMBIA

UPCOMING SELF-MANAGEMENT WORKSHOPS FRASER HEALTH EAST

Chronic Conditions

Walnut Grove Community Centre
8889 Walnut Grove Dr., Langley
Sundays, Jan. 28 to Mar. 11, 2018
1:00 pm to 3:30 pm

Chronic Pain

Douglas Recreation Centre
20550 Douglas Cres., Langley
Tuesdays, Feb. 6 to Mar. 26, 2018
1:00 pm to 3:30 pm

Willowbrook Recreation Centre
20338 – 65 Ave., Langley
Thursdays, Feb. 8 to Mar. 15, 2018
6:00 pm to 8:30 pm

Diabetes

WC Blair Recreation Centre
22200 Fraser Hwy., Langley
Mondays, Feb. 19 to Mar. 26, 2018
6:00 pm to 8:30 pm

Douglas Recreation Centre
20550 Douglas Cres., Langley
Wednesdays, Feb. 7 to Apr. 11, 2018
10:00 am to 1230 pm

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