

# 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!**

## FREE SELF-MANAGEMENT WORKSHOPS IN EAST FRASER HEALTH

### *Chronic Pain*

**Neighbourhood Learning Centre**  
**46361 Yale Road, Chilliwack**  
Fridays, September 21 to October 26,  
2018  
1:00 pm to 3:30 pm

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### *Interested in Becoming a Volunteer Program Leader?*

### Chronic Conditions Leader Training

**Glen Pine Pavilion**  
**1200 Glen Pine Court, Coquitlam**  
August 13, 14, 20, 21, 2018  
9:30 am to 4:00 pm

**Lifetime Learning Centre**  
**32444 Seventh Avenue, Mission**  
September 6, 7, 13, 14, 2018  
9:30 am to 4:00 pm

**Apply online at**

[www.selfmanagementbc.ca/applicationform](http://www.selfmanagementbc.ca/applicationform)

To register or for further information:

[www.selfmanagementbc.ca](http://www.selfmanagementbc.ca)

604-940-1273 (Lower Mainland)

1-866-902-3767 (Toll Free)

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