

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 NORTH FRASER HEALTH

Diabetes

Glen Pine Pavilion
1200 Glen Pine Court, Coquitlam
Saturdays, July 7 to August 18, 2018
12:00 pm to 2:30 pm

Chronic Pain

Glen Pine Pavilion
1200 Glen Pine Court, Coquitlam
Saturdays, September 22 to October 27, 2018
12:00 pm to 2:30 pm

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

To register or for further information:

www.selfmanagementbc.ca

604-940-1273 (Lower Mainland)

1-866-902-3767 (Toll Free)

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