



## 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 SOUTH FRASER HEALTH

### *Chronic Pain*

**Jim Pattison Outpatient Care & Surgery Centre**  
G137, 9750 140<sup>th</sup> Street, Surrey  
Saturdays, July 7 to August 18, 2018  
10:00 am to 12:30 pm

**Willowbrook Recreation Centre**  
Lobby Room, 20338 65 Avenue, Langley  
Tuesdays, July 10 to August 14, 2018  
6:00 pm to 8:30 pm

**Jim Pattison Outpatient Care & Surgery Centre**  
G137, 9750 140<sup>th</sup> Street, Surrey  
Saturdays, September 8 to October 20, 2018  
10:00 am to 12:30 pm

**Cloverdale Recreation Centre**  
MP202, 6188 176 Street, Cloverdale  
Wednesdays, September 19 to October 24, 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 from 9:30 to 4:00

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

**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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