

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



SELF-MANAGEMENT WORKSHOPS IN FRASER HEALTH NORTH

Chronic Pain

Maple Ridge Public Library
130 – 22470 Dewdney Trunk Rd., Maple Ridge
Tuesdays, Apr. 3 to May 8, 2018
5:30 pm to 8:00 pm

Century House
620 Eight St., New Westminster
Saturdays, April 7 to May 26, 2018
10:00 am to 12:30 pm

Diabetes

Glen Pine Pavilion
1200 Glen Pine Court, Coquitlam
Saturdays, April 7 to May 12, 2018
12:00 pm to 2:30 pm

Rainbow Club
11907 – 228th St., Maple Ridge
Thursdays, Apr. 19 to May 24, 2018
3:30 pm to 6:00 pm

Chronic Conditions

Dogwood Pavilion
624 Poirier St., Coquitlam
Wednesdays, April 18 to May 23, 2018
1:00 pm to 3:30 pm

Cancer: Thriving & Surviving

Queensborough Community Centre
920 Ewen Ave., New Westminister
Wednesdays, April 11 to May 16, 2018
10:00 am to 12:30 pm

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