

# Self-Management

British Columbia



## 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

## SELF-MANAGEMENT WORKSHOPS FRASER HEALTH EAST

### *Chronic Pain*

Chances Abbotsford  
30835 Peardonville Rd., Abbotsford  
Wednesdays, Mar. 28 to May 2, 2018  
6:00 pm to 8:30 pm

Or

Saturdays, Apr. 7 to May 12, 2018  
12:30 pm to 3:00 pm

### *Diabetes*

Carman United Church  
7258 Vedder Road, Chilliwack  
Thursdays, Apr. 5 to May 10, 2018  
10:00 am to 12:30 pm

Lifetime Learning Centre  
32444 Seventh Ave., Mission  
Fridays, May 4 to June 8, 2018  
11:00 am to 1:30 pm

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### Interested in Becoming a Volunteer Program Leader?

#### Chronic Pain Leader Training

Surrey Sports & Leisure Complex  
April 18, 20, 25 & 27 from 9:30 to 4:00

OR

#### Chronic Conditions Leader Training

Willoughby Community Centre  
May 31, June 1, 7 & 8 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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