Self-Management British Columbia



PUT LIFE BACK IN YOUR LIFE

Free Six-Session Workshops for Adults

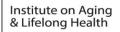
- Learn techniques to better manage your health
 - Set goals and problem solve
- Communicate more effectively with your family, friends and health care team
 - Deal with stress and difficult emotions
 - Take action and live a healthier life

Family Members and Friends Welcome
REGISTRATION REQUIRED

NEWSELF-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

Walnut Grove Community Centre 8889 Walnut Grove Dr., Langley Sundays, Apr. 8 to May 13, 2018 1:00 pm to 3:30 pm

Ladner United Church 4960 – 48th Ave., Ladner Tuesdays, May 1 to June 5, 2018 1:00 pm to 3:30 pm

Douglas Recreation Centre 20550 Douglas Cres., Langley Wednesdays, May 2 to June 6, 2018 1:00 pm to 3:30 pm

Jim Pattison Outpatient Care Centre 9750 – 140th St., Surrey Saturdays, May 5 to June 16, 2018 10:00 am to 12:30 pm

Diabetes

McKee Seniors Centre 5155 – 47th Ave., Ladner Thursdays, Apr. 5 to May 10, 2017 9:30 am to 12:00 pm

Willowbrook Recreation Centre 22200 Fraser Hwy., Langley Mondays, May 3 to June 7, 2018 6:00 pm to 8:30 pm

Chronic Conditions

WC Blair Recreation Centre 22200 Fraser Hwy., Langley Fridays, May 4 to June 8, 2018 9:30 am to 12:00 pm

To register or for further information www.selfmanagementbc.ca

604-940-1273 (Lower Mainland) 1-866-902-3767 (Toll Free) selfmgmt@uvic.ca