

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!**



University
of Victoria

Institute on Aging
& Lifelong Health



BRITISH
COLUMBIA

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