

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



FREE SIX-SESSION SELF-MANAGEMENT WORKSHOPS IN FRASER HEALTH NORTH

Chronic Pain

Glen Pine Pavilion
1200 Glen Pine Court, Coquitlam
Saturdays, Jan. 20 to Mar. 3, 2018
12:15 pm to 2:45 pm

Diabetes

Queensborough Community Centre
920 Ewan Ave., New Westminster
Wednesdays, Nov. 1 to Dec. 6, 2017
10:00 am to 12:30 pm

Lifetime Learning Centre
32444 – 7th Ave., Mission
Fridays, Nov. 3 to Dec. 8, 2017
10:30 am to 1:00 pm

Cameron Recreation Centre
9523 Cameron St., Burnaby
Saturdays, Jan. 20 to Mar. 3, 2018
10:00 am to 12:30 pm

Dogwood Pavilion
624 Poirier St., Coquitlam
Tuesdays, Feb. 20 to Mar. 27, 2018
1:00 pm to 3:30 pm

Chronic Conditions

Mission Friendship Centre
33150A – 1st Ave., Mission
Fridays, Nov. 10 to Dec. 15, 2017
1:00 pm to 3:30 pm

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