

# Self-Management

British Columbia



## KNOWLEDGE + SKILLS + CONFIDENCE

*put life back in your life*

### **FREE** Six-Session Workshops for Adults with Any Ongoing Physical or Mental Health Conditions

- ✓ 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**



University  
of Victoria

Institute on Aging  
& Lifelong Health



BRITISH  
COLUMBIA

## SELF-MANAGEMENT WORKSHOPS

### FRASER HEALTH - NORTH

#### *Chronic Pain*

Queensborough Community Centre

920 Ewen Ave, New Westminster

Wednesdays, Oct. 10 to Nov. 14, 2018

10:00 am to 12:30 pm

Cameron Recreation Centre

9523 Cameron St, Burnaby

Saturdays, Oct. 13 to Nov. 24, 2018

10:00 am to 12:30 pm

Dogwood Pavilion

624 Poirier St, Coquitlam

Tuesdays, Oct. 16 to Nov. 20, 2018

1:00 pm to 3:30 pm

Century House

620 Eighth St, New Westminster

Saturdays, Oct. 20 to Dec. 8, 2018

10:00 am to 12:30 pm

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#### *Interested in Becoming a Volunteer Program Leader?*

### Chronic Conditions Leader Training

Timms Community Centre

20399 Douglas Crescent, Langley

November 1, 2, 8, 9, 2018

9:30 am to 3:30 pm

**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)

[selfmgmt@uvic.ca](mailto:selfmgmt@uvic.ca)