

# 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**

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



University  
of Victoria

Institute on Aging  
& Lifelong Health



BRITISH  
COLUMBIA

## SELF-MANAGEMENT WORKSHOPS

### FRASER HEALTH - SOUTH

#### *Chronic Conditions*

**WC Blair Recreation Centre**

**22200 Fraser Hwy, Langley**

Fridays, Oct. 12 to Nov. 16, 2018

9:30 am to 12:00 pm

**South Surrey Recreation Centre**

**14601 20th Ave, Surrey**

Tuesdays, Oct. 16 to Nov. 20, 2018

12:00 pm to 2:30 pm

**McKee Seniors Recreation Centre**

**5155 47th Ave, Ladner**

Thursdays, Oct. 18 to Nov. 22, 2018

9:30 am to 12:00 pm

**Douglas Recreation Centre**

**20550 Douglas Crescent, Langley**

Mondays, Oct. 22 to Nov. 26, 2018

10:00 am to 12:30 pm

#### *Chronic Pain*

**Willowbrook Recreation Centre**

**Lobby Room, 20338 65 Ave, Langley**

Thursdays, Oct. 4 to Nov. 8, 2018

6:00 pm to 8:30 pm

**Cloverdale Recreation Centre**

**MP202, 6188 176 St, Cloverdale**

Wednesdays, Oct. 10 to Nov. 14, 2018

1:00 pm to 3:30 pm

**Guildford Recreation Centre**

**Craft Room 1, 15105 105 Ave, Surrey**

Thursdays, Oct. 11 to Nov. 15, 2018

11:45 am to 2:15 pm

**Kin Village Association**

**5430 10th Ave, Tsawwassen**

Thursdays, Oct. 11 to Nov. 15, 2018

10:00 am to 12:30 pm

**Kennedy Seniors Centre**

**11760 88th Ave, Delta**

Saturdays, Oct. 20 to Dec. 1, 2018

1:00 pm to 3:30 pm

**Jim Pattison Outpatient Care & Surgery Centre**

**9750 140th St, Surrey**

Saturdays, Oct. 27 to Dec. 8, 2018

1:00 pm to 3:30 pm