

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

VANCOUVER COASTAL

Chronic Conditions

Roundhouse Community Centre*
181 Roundhouse Mews, Vancouver
Sundays, Feb. 3 to Mar. 17, 2019
No session Feb. 17
2:00 pm to 4:30 pm

Renfrew Park Community Centre*
2929 East 22nd Avenue, Vancouver
Tuesdays, Feb. 5 to Mar. 12, 2019
6:00 pm to 8:30 pm

***Register for the above programs directly through Vancouver Parks & Recreation**

<https://ca.apm.activecommunities.com/vancouver/>

GF Strong Rehabilitation Centre
4255 Laurel Street, Vancouver
Thursdays, Feb. 21 to Mar. 28, 2019
6:00 pm to 8:30 pm

Richmond Centre for Disability
842-5300 No. 3 Road, Richmond
Mondays, Feb. 25 to Apr. 1, 2019
5:30 pm to 8:00 pm

Chronic Pain

St. Paul's Hospital, Providence Bldg
Level 1, Conference Room 3
1081 Burrard Street, Vancouver
Tuesdays, Feb. 12 to Mar. 19, 2019
1:15 pm to 3:45 pm

BC Women's Hospital & Health Centre,
Room E200
4500 Oak Street, Vancouver
Thursdays, Feb. 14 to Mar. 21, 2019
6:00 pm to 8:30 pm

To register or for further information:

www.selfmanagementbc.ca

604-940-1273 (Lower Mainland)

1-866-902-3767 (Toll Free)

selfmgmt@uvic.ca