

Self-Management

British Columbia



KNOWLEDGE + SKILLS + CONFIDENCE

put life back in your life

FREE Six-Session Workshops for Adults with Any Ongoing 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

1-TO-1 TELEPHONE COACHING AVAILABLE:
SELF-MANAGEMENT HEALTH COACH PROGRAM
OR
FRAILTY COACHING PROGRAM

Call 1-866-902-3767 or Email selfmgmt@uvic.ca for more info!

FRASER HEALTH SOUTH WORKSHOPS

Chronic Pain

September 17 to October 22
Thursdays, 1:00pm to 3:30pm

Kennedy Seniors Centre

11760 88th Avenue

Delta, BC

October 6 to November 24

Tuesdays, 9:30am to 12:00pm

Ladner United Church

4960 48 Ave, Ladner BC

***No sessions Oct 27 or Nov 24**

Cancer: Thriving & Surviving

September 24 to October 29

Thursdays, 1:00pm to 3:30pm

St. Mark's Anglican Church

12953 20th Avenue

Surrey, BC

Diabetes

October 2 to November 6

Fridays, 9:30am to 12:00pm

McKee Seniors Recreation Ctr

5155 47 Ave, Ladner BC

(for ages 50+)

To register or for further information:

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**

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