

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 8 to October 13
Tuesdays, 9:30am to 12:00pm
Ladner United Church
4960 48 Ave, Ladner BC

*

September 17 to October 22
Thursdays, 1:00pm to 3:30pm
Kennedy Seniors Centre
11760 88th Avenue
Delta, 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

Connect with us:



@SelfManagementBC

@SMPatUVic