

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 Conditions

February 9 to March 23
Mondays, 9:00am to 11:30am
Fleetwood Community Centre
15996 84 Ave, Surrey BC

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April 9 to May 14
Thursdays, 1:00pm to 3:30pm
Kennedy Seniors Centre, MP Room
11760 88th Ave, Delta BC
(this is a Punjabi language workshop)

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May 8 to June 26
Fridays, 9:30am to 12:00pm
McKee Seniors Recreation Centre
5155 47 Ave, Ladner BC

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May 21 to June 25
Thursdays, 1:00pm to 3:30pm
Kennedy Seniors Centre
11760 88th Ave, Delta BC

Diabetes

February 17 to March 24
Tuesdays, 12:30pm to 3:00pm
South Surrey Rec Centre
14601 20 Ave, Surrey BC

Chronic Pain

February 19 to March 26
Thursdays, 1:00pm to 3:30pm
St. Mark's Anglican Church
12953 20th Ave, Surrey BC

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



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COLUMBIA

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