

# 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](mailto: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**

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**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](http://www.selfmanagementbc.ca)

604-940-1273 (Lower Mainland)

1-866-902-3767 (Toll Free)

[selfmgmt@uvic.ca](mailto:selfmgmt@uvic.ca)



University  
of Victoria

Institute on Aging  
& Lifelong Health



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