

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!



University
of Victoria

Institute on Aging
& Lifelong Health



FRASER HEALTH EAST IN-PERSON WORKSHOPS

Chronic Conditions

February 5 to March 12
Thursdays, 10:00am to 12:30pm
Sardis Library – FVRL
5819 Tyson Road, Sardis BC
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February 5 to March 12
Thursdays, 10:00am to 12:30pm
Langley Senior Resources Society
20605 51B Avenue, Langley BC
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February 8 to March 15
Sundays, 2:00pm to 4:30pm
Matsqui Recreation Ctr, MP Room 5
3106 Clearbrook Rd, Abbotsford BC

Diabetes

February 5 to March 12
Thursdays, 12:30pm to 3:00pm
Aldergrove Library
26770 29 Ave, Aldergrove BC
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February 8 to March 15
Sundays, 2:00pm to 4:30pm
Bob Chan-Kent Family YMCA
45844 Hocking Ave, Chilliwack BC

Chronic Pain

February 3 to March 10
Tuesdays, 1:00pm to 3:30pm
Matsqui Recreation Centre, MP Room 5
3106 Clearbrook Rd, Abbotsford BC
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February 3 to March 10
Tuesdays, 10:00am to 12:30pm
Chilliwack & FH Rural Primary Care Ctr
104– 7955 Evans Rd, Chilliwack BC
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February 8 to March 15
Sundays, 2:00pm to 4:30pm
Walnut Grove Community Ctr, Room 5
8889 Walnut Grove Dr, Langley BC

To register or for further information:

www.selfmanagementbc.ca
604-940-1273 (Lower Mainland)
1-866-902-3767 (Toll Free)
selfmgmt@uvic.ca