

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



BRITISH
COLUMBIA

FRASER HEALTH EAST IN-PERSON WORKSHOPS

Chronic Conditions

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 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 5 to March 12

Thursdays, 10:00am to 12:30pm

**Sardis Library– FVRL
5819 Tyson Rd, Sardis 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