

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

October 19 to November 23
Sundays

2:00pm to 4:30pm

Bob Chan-Kent Family YMCA
45844 Hocking Avenue
Chilliwack BC

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February 8 to March 15
Sundays

2:00pm to 4:30pm

Matsqui Recreation Centre
3106 Clearbrook Road
Abbotsford BC

Diabetes

October 26 to November 30
Sundays

2:00pm to 4:30pm

Walnut Grove Community Centre
8889 Walnut Grove Drive
Langley BC

Chronic Pain

February 3 to March 10
Tuesdays

1:00pm to 3:30pm

Matsqui Recreation Centre
3106 Clearbrook Road
Abbotsford BC

To register or for further information:

www.selfmanagementbc.ca

604-940-1273 (Lower Mainland)

1-866-902-3767 (Toll Free)

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