

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 provider
- ✓ 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
ALSO AVAILABLE:**

HEALTH COACH PROGRAM

OR

FRAILTY COACHING PROGRAM

FRASER HEALTH EAST IN-PERSON WORKSHOPS

Chronic Pain

October 25 to November 29

Sundays

2:00pm to 4:30pm

Matsqui Recreation Centre

Board Room

3106 Clearbrook Rd

Abbotsford, BC

Our Fall 2026 workshops are currently underway. Please check our website regularly for workshops coming up in the New Year in the Fraser East region!

To register, or for more info:

selfmanagementbc.ca

Lower Mainland 604-940-1273

Toll Free 1-866-902-3767

Email selfmgmt@uvic.ca