

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

Become a Volunteer Leader in Langley, Abbotsford or Chilliwack!

We are recruiting kind, responsible, trustworthy, committed, and non-judgmental candidates (aged 19+). Learn to co-facilitate small group workshops for Chronic Conditions, Chronic Pain and Diabetes. Workshops are led over 6 weeks—one 2.5 hour session per week.

Help others in your community!

FREE 4-day Leader Training coming in September— apply now!

FRASER HEALTH EAST IN-PERSON WORKSHOPS

Chronic Pain

May 7 to June 11

Thursdays, 10:00am to 12:30pm

Langley Senior Resources Society

Brock-Douglas Room

20605 51B Ave

Langley BC

Chronic Conditions

May 12 to June 16

Tuesdays, 1:00pm to 3:30pm

Matsqui Recreation Centre

Multi-Purpose Room 5

3106 Clearbrook Rd

Abbotsford BC

May 19 to June 23

Tuesdays, 10:00am to 12:30pm

Chilliwack & Fraser Health

Rural Primary Care Ctr

#104—7955 Evans Rd

Chilliwack BC

To register or for further information:

www.selfmanagementbc.ca

604-940-1273 (Lower Mainland)

1-866-902-3767 (Toll Free)

selfmgmt@uvic.ca



**University
of Victoria**

Institute on Aging
& Lifelong Health



**BRITISH
COLUMBIA**