

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 Conditions

October 6 to November 10

Tuesdays, 10:00am to 12:30pm

Langley Meals on Wheels

2nd Floor Boardroom

2900 272 Street, Aldergrove BC

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October 13 to November 17

Tuesdays, 1:00pm to 3:30pm

Chilliwack & FH Rural Primary Care Centre

#104 –7955 Evans Rd, Chilliwack BC

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October 22 to November 26

Thursdays, 12:30pm to 3:00pm

Matsqui Recreation Centre– Boardroom

3106 Clearbrook Rd, Abbotsford BC

Diabetes

October 8 to November 12

Thursdays, 10:00am to 12:30pm

Shepherd of the Valley Lutheran Church

20097 72 Avenue, Langley BC

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October 18 to November 22

Sundays, 2:00pm to 4:30pm

Sardis Library– FVRL

5819 Tyson Road, Sardis BC

Chronic Pain

October 15 to November 19

Thursdays, 10:00am to 12:30pm

Chilliwack & FH Rural Primary Care Centre

#104– 7955 Evans Rd, Chilliwack, BC

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October 18 to November 22

Sundays, 2:00pm to 4:30pm

Walnut Grove Community Centre

8889 Walnut Grove Dr, Langley BC

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October 25 to November 29

Sundays, 2:00pm to 4:30pm

Matsqui Recreation Centre– Boardroom

3106 Clearbrook Rd, Abbotsford 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



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