

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

We do not currently have any in-person workshops scheduled in Fraser East, but check our website regularly as workshops are added on an ongoing basis throughout the year!

VIRTUAL WORKSHOPS:

Cancer: Thriving & Surviving

June 4 to July 9

Thursdays, 1:00pm to 3:30pm

Chronic Conditions

June 8 to July 13

Mondays, 6:00pm to 8:30pm

June 10 to July 15

Wednesdays, 1:00pm to 3:30pm

July 2 to August 6

Thursdays, 1:00pm to 3:30pm

Chronic Pain

September 24 to October 29

Thursdays, 1:00pm to 3:30pm

Diabetes

June 16 to July 21

Tuesdays, 6:00pm to 8:30pm

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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