

# 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](mailto:selfmgmt@uvic.ca) for more info!



University  
of Victoria

Institute on Aging  
& Lifelong Health



BRITISH  
COLUMBIA

## FRASER HEALTH NORTH IN-PERSON WORKSHOPS

### Chronic Conditions

January 8 to February 12  
Thursdays, 10:30am to 1:00pm  
New Westminster Public Library  
iConnect Lab, 2nd Floor  
716—6th Ave, New Westminster BC

### Chronic Pain

January 17 to February 21  
Saturdays, 10:30am to 1:00pm  
Maple Ridge Seniors Activity Centre  
12150—224th St, Maple Ridge BC

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January 17 to February 21  
Saturdays, 9:30am to 12:00pm  
Glen Pine Pavilion  
1200 Glen Pine Court, Coquitlam BC

### Diabetes

January 24 to February 28  
Saturdays, 10:00am to 12:30pm  
Century House  
620 Eighth St, New Westminster BC

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February 28 to April 4  
Saturdays, 9:00am to 11:30am  
Glen Pine Pavilion  
1200 Glen Pine Court, Coquitlam BC

### Cancer: Thriving & Surviving

January 31 to March 7  
Saturdays, 9:30am to 12:00pm  
Dogwood Pavilion  
1655 Winslow Ave, Coquitlam BC

To register or for further information:

[www.selfmanagementbc.ca](http://www.selfmanagementbc.ca)

604-940-1273 (Lower Mainland)

1-866-902-3767 (Toll Free)

[selfmgmt@uvic.ca](mailto:selfmgmt@uvic.ca)

Connect with us:



@SelfManagementBC

@SMPatUVic