

# 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



## 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**