

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 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

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March 14 to April 18
Saturdays, 10:00am to 12:30pm
Century House
620 Eighth St, New Westminster BC

Diabetes

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

604-940-1273 (Lower Mainland)

1-866-902-3767 (Toll Free)

selfmgmt@uvic.ca

Connect with us:



@SelfManagementBC



@SMPatUVic