

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

**1-TO-1 TELEPHONE COACHING
ALSO AVAILABLE:**

HEALTH COACH PROGRAM

OR

FRAILTY COACHING PROGRAM

FRASER HEALTH NORTH IN-PERSON WORKSHOPS

Chronic Pain

November 7 to December 19

Saturdays, 9:30am to 12pm

Glen Pine Pavilion

1200 Glen Pine Court

Coquitlam, BC

January 22 to February 26

Fridays, 1pm to 3:30pm

Glen Pine Pavilion

1200 Glen Pine Court

Coquitlam, BC

Chronic Conditions

January 23 to February 27

Saturdays, 10am to 12:30pm

Century House

620 Eighth Street

New Westminster, BC

To register, or for more info:

selfmanagementbc.ca

Lower Mainland 604-940-1273

Toll Free 1-866-902-3767

Email selfmgmt@uvic.ca