

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!

FRASER HEALTH NORTH IN-PERSON WORKSHOPS

Chronic Pain

November 7—December 19

Saturdays

9:30am to 12:00pm

Glen Pine Pavilion

1200 Glen Pine Court

Coquitlam, BC

January 22—February 26

Fridays

1:00pm to 3:30pm

Glen Pine Pavilion

1200 Glen Pine Court

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



**University
of Victoria**

Institute on Aging
& Lifelong Health



**BRITISH
COLUMBIA**

Connect with us:



@SelfManagementBC

@SMPatUVic