

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

ALSO AVAILABLE:

SELF-MANAGEMENT HEALTH COACH PROGRAM

FREE one-on-one phone support will help you get the most out of life!

Call 1-866-902-3767 or email smhcoach@uvic.ca
for more information



University of Victoria

Institute on Aging & Lifelong Health



BRITISH COLUMBIA

IN-PERSON WORKSHOPS

Chronic Pain

Chilliwack & FH Rural Primary Care Ctr
#104—7955 Evans Rd, Chilliwack BC

Tuesdays, May 16- June 20, 930am-12pm

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Walnut Grove Community Centre

8889 Walnut Grove Dr, Langley BC
Sundays, May 21- June 25, 130pm-4pm

Chronic Conditions

Fraser Canyon Hospital

1275 7th Avenue, Hope BC

Tuesdays, May 16- June 20, 130pm-4pm

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Community Recreation & Cultural Centre

6660 Pioneer Ave, Agassiz BC

Thursdays, May 18- June 22, 930am-12pm

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Langley Senior Resources Society

20605 51B Avenue, Langley BC

Thursdays, May 18- June 22, 930am-12pm

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