

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 Centre
7955 Evans Road, Chilliwack BC
Thursdays, Nov 3- Dec 8, 9:30am-12pm

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Walnut Grove Community Centre
Meeting Room #4

8889 Walnut Grove Drive, Langley BC
Sundays, Nov 6- Dec 11, 1:30pm-4:00pm

Chronic Conditions

Community Recreation & Cultural Centre
6660 Pioneer Avenue, Agassiz BC
Tuesdays, Nov 1- Dec 6, 1:30pm-4:00pm

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Langley Senior Resources Society
20605-51B Avenue, Langley BC

Thursdays, Nov 3- Dec 8, 9:30am-12:00pm

Diabetes

Douglas Recreation Centre
Multi-Purpose Room

20550 Douglas Crescent, Langley BC
Tuesdays, Nov 1- Dec 6, 9:30am-12:00pm

VIRTUAL WORKSHOPS

Chronic Conditions

Saturdays, Nov 5- Dec 10, 9:30am-12pm

TELEPHONE WORKSHOPS

Chronic Pain

Wednesdays, Nov 2- Dec 7, 6:30-7:30pm

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