

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

Glen Pine Pavilion

1200 Glen Pine Court, Coquitlam BC
Tuesdays, Jan 24–Feb 28, 6pm–8:30pm

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Golden Ears United Church

22165 Dewdney Trunk Rd, Maple Ridge BC
Mondays, Jan 30–Mar 13, 1pm–3:30pm

Chronic Conditions

Dogwood Pavilion

1655 Winslow Ave, Coquitlam BC
Mondays, Jan 9–Feb 13, 10am–12:30pm

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Century House

620 Eighth St, New Westminster BC
Saturdays, Jan 28–Mar 4, 10am–12:30pm

Diabetes

Glen Pine Pavilion

1200 Glen Pine Court, Coquitlam BC
Thursdays, Jan 19–Feb 23, 9:30am–12pm

VIRTUAL WORKSHOPS

Chronic Conditions

Thursdays, Jan 26–Mar 2, 6pm–8:30pm

TELEPHONE WORKSHOPS

Chronic Conditions

Mondays, Jan 16–Feb 20, 1pm–2pm

Wednesdays, Jan 25–Mar 1, 9:30–10:30am

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