

# 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](mailto:smhcoach@uvic.ca)  
for more information



University of Victoria

Institute on Aging & Lifelong Health



BRITISH COLUMBIA

## SELF-MANAGEMENT WORKSHOPS

### FRASER HEALTH - EAST

#### *Chronic Conditions*

Douglas Recreation Centre  
Multipurpose Room

20550 Douglas Crescent, Langley  
Wednesdays, Mar. 4 to Apr. 8, 2020  
12:30pm to 3:00pm

*For the most up-to-date list of workshops scheduled for your community, go to [www.selfmanagementbc.ca/upcomingworkshops](http://www.selfmanagementbc.ca/upcomingworkshops)*  
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#### *Interested in Becoming a Volunteer Program Leader?*

#### 4-Day Chronic Conditions Training

Vancity Abbotsford Community Branch  
32675 South Fraser Way, Abbotsford  
February 27, 28, March 5, 6, 2020  
10:00am to 4:00pm

Vancity Walnut Grove Community Branch  
20159 88th Ave, E-103, Langley  
March 16, 18, 23, 25, 2020  
10:00am to 4:00pm

Vancity Chilliwack Community Branch  
45617 Luckakuck Way, Chilliwack  
March 19, 20, 26, 27, 2020  
10:00am to 4:00pm

**Apply online at:**

[www.selfmanagementbc.ca/applicationform](http://www.selfmanagementbc.ca/applicationform)

*To register or for further information:*

[www.selfmanagementbc.ca](http://www.selfmanagementbc.ca)

604-940-1273 (Lower Mainland)

1-866-902-3767 (Toll Free)

[selfmgmt@uvic.ca](mailto:selfmgmt@uvic.ca)

Connect with us:



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@SMPatUVic