

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

SELF-MANAGEMENT WORKSHOPS

FRASER HEALTH - EAST

Diabetes

Willowbrook Recreation Centre
Nicomekl River Room

20338 65th Avenue, Langley

Thursdays, Oct. 31 to Dec. 12, 2019

6:00pm to 8:30pm

(no session Nov. 21)



For the most up-to-date list of workshops scheduled for your community, go to

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

upcomingworkshops

Interested in Becoming a Volunteer Program Leader?

4-Day Chronic Conditions Training

Willoughby Community Centre

7888 200th Street, Langley

October 26, 27, November 2, 3, 2019

9:30 am to 3:30 pm

Apply online at:

www.selfmanagementbc.ca/applicationform

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