

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

SELF-MANAGEMENT WORKSHOPS

FRASER HEALTH - NORTH

Chronic Pain

Glen Pine Pavilion

1200 Glen Pine Court, Coquitlam
Saturdays, Sept. 7 to Oct. 19, 2019
12:00pm to 2:30pm

Chronic Conditions

Century House

620 Eighth Street, New Westminister
Saturdays, Sept. 7 to Oct. 12, 2019
10:00am to 12:30pm

Diabetes

Queensborough Community Centre
920 Ewen Ave, New Westminister
Wednesdays, Sept. 25 to Oct. 30, 2019
10:00am to 12:30pm

Interested in Becoming a Volunteer Program Leader?

4-Day Chronic Conditions Training

Glen Pine Pavilion

1200 Glen Pine Court, Coquitlam
August 12, 13, 19, 20 2019
9:30 am to 4:00 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



University of Victoria

Institute on Aging & Lifelong Health



BRITISH COLUMBIA