

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

Century House
Willow Room

620 Eighth Street
New Westminster

Saturdays, Feb. 1 to Mar. 7, 2020
10:00am to 12:30pm

For the most up-to-date list of workshops in your community, go to www.selfmanagementbc.ca/upcomingworkshops

INTERESTED IN BECOMING A VOLUNTEER PROGRAM LEADER IN YOUR COMMUNITY?

Apply online at:

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



University
of Victoria

Institute on Aging
& Lifelong Health



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COLUMBIA

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