

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 - NORTH

Chronic Pain

Ridge Meadows Hospice

102 - 22320 119th Ave, Maple Ridge

Thursdays, Mar. 5 to April 9, 2020

10:00am to 12:30pm

Glen Pine Pavilion, The Green Room

1200 Glen Pine Court, Coquitlam

Saturdays, Mar. 14 to April 25, 2020

12:00pm to 2:30pm

Ridge Meadows Seniors Society

The Craft Room

12150 224th Street, Maple Ridge

Saturdays, Mar. 28 to May 16, 2020

10:00am to 12:30pm

Diabetes

Century House

620 Eighth Street, New Westminster

Saturdays, Mar. 14 to May 2, 2020

10:00am to 12:30pm

No sessions on April 11 & 25

Dogwood Pavilion

1655 Winslow Ave, Coquitlam

Tuesdays, Mar. 24 to Apr. 28, 2020

1:00pm to 3:30pm

Chronic Conditions

Centennial Community Centre

65 East 6th Ave, New Westminster

Thursdays, Mar. 26 to Apr. 30, 2020

1:00pm to 3:30pm

For the most up-to-date list of workshops

in your community, go to

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

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

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