

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 Conditions

Ridge Meadows Hospice

102-22320 119th Ave, Maple Ridge

Thursdays, Nov. 7 to Dec. 12, 2019

1:00pm to 3:30pm

Centennial Community Centre

65 East 6th Ave, New Westminster

Thursdays, Nov. 7 to Dec. 12, 2019

1:00pm to 3:30pm

Chronic Pain

Mulberry Parc

The Fraser Room (2nd Floor)

7230 Acorn Ave, Burnaby

Thursdays, Nov. 7 to Dec. 12, 2019

6:00pm to 8:30pm

Diabetes

Glen Pine Pavilion

1200 Glen Pine Court, Coquitlam

Saturdays, Nov. 2 to Dec. 7, 2019

12:00pm to 2:30pm

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

Connect with us:



@SelfManagementBC



@SMPatUVic