

# 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](mailto:smhcoach@uvic.ca)  
for more information



University of Victoria

Institute on Aging & Lifelong Health



BRITISH COLUMBIA

## 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

**FULL**

#### *Chronic Conditions*

Century House

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

#### *Diabetes*

Queensborough Community Centre

920 Ewen Ave, New Westminster  
Wednesdays, Sept. 25 to Oct. 30, 2019  
10:00am to 12:30pm

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#### *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](http://www.selfmanagementbc.ca/applicationform)

To register or for further information:

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

604-940-1273 (Lower Mainland)

1-866-902-3767 (Toll Free)  
[selfmgmt@uvic.ca](mailto:selfmgmt@uvic.ca)

Connect with us:



@SelfManagementBC

@SMPatUVic