

# 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 - SOUTH

### *Chronic Pain*

Guildford Recreation Centre  
Youth Lounge

15105 105th Avenue, Surrey

Wednesdays, Feb. 5 to Mar. 11, 2020

9:30am to 12:00pm

### Ladner United Church

MP2, 4960 48th Avenue, Ladner

Fridays, Feb. 7 to Mar. 13, 2020

1:00pm to 3:30pm

### South Surrey Recreation Centre

14601 20th Avenue, Surrey

Tuesdays, Feb. 11 to Mar. 17, 2020

12:30pm to 3:00pm

### *Diabetes*

Kennedy Seniors Centre

11760 88th Avenue, Delta

Saturdays, Feb. 22 to Mar. 28, 2020

1:00pm to 3:30pm

**For the most up-to-date list of workshops, go to [www.selfmanagementbc.ca/upcomingworkshops](http://www.selfmanagementbc.ca/upcomingworkshops)**

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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](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:



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