

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 - SOUTH

Chronic Pain

Willowbrook Recreation Centre
20338 65th Avenue, Langley
Thursdays, June 13 to July 18, 2019
6:00pm to 8:30pm

Jim Pattison Outpatient Care and Surgery Centre
G137, 9750 140th Street, Surrey
Saturdays, July 6 to Aug. 17, 2019
10:00am to 12:30pm

Interested in Becoming a Volunteer Program Leader?

2-Day Health Coach Leader Training

Guildford Recreation Centre
15105 105th Avenue, Surrey
Thursday, June 6 & 13, 2019
9:00 am to 3:00 pm

OR

Willoughby Community Centre
(Langley Events Centre)
7888 200th Street, Langley
Thursdays, June 20 & 27, 2019
9:30 am to 4:00 pm

Apply online at:

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