

# 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*

The Wexford, Dining Room  
1737 56th Street, Tsawwassen  
Tuesdays, Mar. 10 to Apr. 14, 2020  
2:00pm to 4:30pm

Newton Seniors' Centre  
13775 70th Avenue, Surrey  
Wednesdays, Mar. 11 to Apr. 15, 2020  
9:30am to 12:00pm

Jim Pattison Outpatient Centre  
G136/137, 9750 140th Street, Surrey  
Saturdays, Mar. 21 to May 2, 2020  
1:00pm to 3:30pm

#### *Diabetes*

Kin Village, Vidal Court Dining Room  
5430 10th Avenue, Tsawwassen  
Thursdays, Mar. 26 to Apr. 30, 2020  
6:30pm to 9:00pm

*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?*

#### 4-Day Chronic Conditions Training

Vancity Walnut Grove Community Branch  
20159 88th Avenue, E-103, Langley  
March 16, 18, 23, 25, 2020  
10:00am to 4:00pm

**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