



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

SELF-MANAGEMENT WORKSHOPS

FRASER HEALTH - SOUTH

Diabetes

The Wexford

1737 56th Street, Tsawwassen

Tuesdays

September 24 to October 29,
2019

2:00pm to 4:30pm

For the most up-to-date list of workshops,
please visit selfmanagementbc.ca

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

604-940-1273 (Lower Mainland)

1-866-902-3767 (Toll Free)

selfmgmt@uvic.ca



University
of Victoria

Institute on Aging
& Lifelong Health



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COLUMBIA

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