

# Self-Management

British Columbia



## KNOWLEDGE + SKILLS + CONFIDENCE

*put life back in your life*

### **FREE** Six-Session Workshops for Adults with Any Ongoing Physical or Mental 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***



University  
of Victoria

Institute on Aging  
& Lifelong Health



BRITISH  
COLUMBIA

## SELF-MANAGEMENT WORKSHOPS

### FRASER HEALTH - NORTH

#### *Chronic Pain*

**Lifetime Learning Centre**  
**32444 Seventh Avenue, Mission**  
Fridays, May 3 to June 7, 2019  
12:00pm to 2:30pm

**Ridge Meadows Seniors Society**  
**12150 224th Street, Maple Ridge**  
Saturdays, May 4 to June 8, 2019  
10:00am to 12:30pm

**Century House**  
**620 Eighth Street, New Westminster**  
Saturdays, May 4 to June 8, 2019  
10:00am to 12:30pm

**Glen Pine Pavilion**  
**1200 Glen Pine Court, Coquitlam**  
Saturdays, May 25 to June 29, 2019  
12:00pm to 2:30pm

#### **ALSO AVAILABLE:**

#### **SELF-MANAGEMENT HEALTH COACH PROGRAM**

***FREE one-on-one phone  
support will help you get the  
most out of life!***

***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