

# 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 - SOUTH

### *Chronic Pain*

WC Blair Recreation Centre  
Studio 3 Meeting Room  
22200 Fraser Hwy, Langley

Wednesdays, May 1 to June 5, 2019  
1:00pm to 3:30pm

Jim Pattison Outpatient Care & Surgery Centre, G137  
9750 140th Street, Surrey

Saturdays, May 4 to June 15, 2019  
10:00am to 12:30pm

The Waterford  
Multipurpose TV Room

1345 56 Street, Delta  
Mondays, May 6 to June 17, 2019  
1:45 pm to 4:15 pm

### *Chronic Conditions*

Willowbrook Recreation Centre  
20338 65 Avenue, Langley

Thursdays, May 9 to June 13, 2019  
6:00 pm to 8:30 pm

Neighbourhood Learning Centre  
46361 Yale Road, Chilliwack

Fridays, May 10 to June 14, 2019  
9:30 am to 12:00 pm

*Interested in Becoming a Volunteer Program Leader?*

**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)

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Connect with us:



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