

# Self-Management

British Columbia



## PUT LIFE BACK IN YOUR LIFE

### Free Six-Session Workshops for Adults

- 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**

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

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



Institute on Aging & Lifelong Health



## FREE SELF-MANAGEMENT WORKSHOPS IN SOUTH FRASER HEALTH

### *Chronic Pain*

**Jim Pattison Outpatient Care Centre**  
9750 – 140<sup>th</sup> St., Surrey  
Saturdays, Jan. 20 to Mar. 3, 2018  
1:00 pm to 3:30 pm

**Douglas Recreation Centre**  
20338 – 65<sup>th</sup> Ave., Langley  
Thursdays, Feb. 6 to Mar. 13, 2018  
1:00 pm to 3:30 pm

**Willowbrook Recreation Centre**  
20550 Douglas Cres., Langley  
Thursdays, Feb. 8 to Mar. 15, 2018  
6:00 pm to 8:30 pm

### *Chronic Conditions*

**Walnut Grove Community Centre**  
8889 Walnut Grove Dr., Langley  
Sundays, Jan. 28 to Mar. 11, 2018  
1:00 pm to 3:30 pm

**McKee Seniors Centre**  
5155 – 47<sup>th</sup> Ave., Ladner  
Thursdays, Feb. 8 to Mar. 15, 2017  
9:30 am to 12:00 pm

### *Diabetes*

**Kennedy Seniors Centre**  
11760 – 88<sup>th</sup> Ave., Delta  
Saturdays, Feb. 17 to Mar. 24, 2018  
1:00 pm to 3:30 pm

**WC Blair Recreation Centre**  
2220 Fraser Hwy., Langley  
Mondays, Feb. 19 to Mar. 26, 2018  
6:00 pm to 8:30 pm

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)