## Self-Management British Columbia



# PUT LIFE BACK IN YOUR LIFE

### Free Six-Session Workshops for Adults

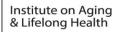
- Learn techniques to better manage your health
  - Set goals and problem solve
- Communicate more effectively with your family, friends and health care team
  - Deal with stress and difficult emotions
    - Take action and live a healthier life

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!







# 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

Sundays, Jan. 28 to Mar. 11, 2018 1:00 pm to 3:30 pm

McKee Seniors Centre 5155 – 47th 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

604-940-1273 (Lower Mainland) 1-866-902-3767 (Toll Free) selfmgmt@uvic.ca