

Self-Management

British Columbia



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

IN-PERSON WORKSHOPS

Chronic Pain

Community Recreation & Cultural Centre
6660, Pioneer Ave, Agassiz BC
Thursdays, Oct 12—Nov 16, 130pm-4pm

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Walnut Grove Community Centre
8889 Walnut Grove Drive, Langley BC
Sundays, Oct 15—Nov 19, 130pm-4pm

Chronic Conditions

United Churches of Langley
21562 Old Yale Road, Langley BC
Tuesdays, Oct 10—Nov 14, 930am-12pm

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Fraser Canyon Hospital
1275 7th Avenue, Hope BC
Tuesdays, Oct 10—Nov 14, 130pm-4pm

Diabetes

Chilliwack & FH Rural Primary Care Ctr
#104—7955 Evans Rd, Chilliwack BC
Tuesdays, Oct 10—Nov 14, 930am-12pm

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Langley Senior Resources Society
20605 51B Avenue, Langley BC
Thursdays, Oct 12—Nov 16, 930am-12pm

To register or for further information:

www.selfmanagementbc.ca

604-940-1273 (Lower Mainland)

1-866-902-3767 (Toll Free)

selfmgmt@uvic.ca

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 @SMPatUVic



University
of Victoria

Institute on Aging
& Lifelong Health



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