

# 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](mailto:smhcoach@uvic.ca)  
for more information



University  
of Victoria

Institute on Aging  
& Lifelong Health



BRITISH  
COLUMBIA

## 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, Rm #5  
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](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