

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 visit our website for more info:

<https://www.selfmanagementbc.ca/healthcoachprogram>

IN-PERSON WORKSHOPS ARE BACK!

Chronic Pain:

Saturdays, Sept 24—Oct 29, 10am-12:30pm

Century House

620 Eighth St, New Westminster

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Thursdays, Sept 29—Nov 3, 1pm-3:30pm

Richmond City Centre Community Centre

#105—5900 Minoru Blvd, Richmond

Chronic Conditions:

Wednesdays, Sept 7-Oct 26

10am-12:30pm

Minoru Centre for Active Living

7191 Granville Avenue, Richmond

Diabetes:

Tuesdays, July 12– Aug 16, 1pm-3:30pm

SHOAL Activity Centre

10030 Resthaven Drive, Sidney

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Mondays, Sept 12– Oct 24, 10am –12:30pm

Kerrisdale Community Centre

5851 West Boulevard, Vancouver

Cancer: Thriving & Surviving:

Tuesdays, Sept 20– Oct 25, 1pm-3:30pm

BC Cancer, Interior Health

399 Royal Avenue, Kelowna

To register or for further information:

www.selfmanagementbc.ca

604-940-1273 (Lower Mainland)

1-866-902-3767 (Toll Free)

selfmgmt@uvic.ca



University
of Victoria

Institute on Aging
& Lifelong Health



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COLUMBIA

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