



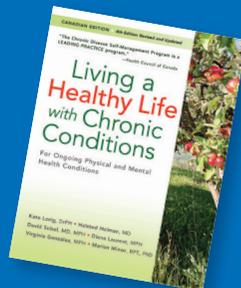
### Program Facts:

The Chronic Conditions Self-Management Program is for adults experiencing any type of chronic health conditions (such as diabetes, arthritis, heart disease and asthma, etc.), as well as their family, friends and/or caregivers.

The program is also available in First Nations communities, as well as in Punjabi, Mandarin, and Cantonese speaking communities. An online version of the program is also available.

This workshop is a licensed program developed and researched at Stanford University. It follows a standardized format that is proven to help people learn to better manage the symptoms. It is considered a best practice program in self-management.

**FREE RESOURCE BOOK PROVIDED "LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS"**



# Self-Management *British Columbia*

Join a free workshop to help you manage your chronic conditions and get the most out of life.

*put life back in your life*

## CONTACT US

For more information and to register for a **FREE** six session workshop in your area:

**1-866-902-3767 Toll Free**

**604-940-1273 Lower Mainland**

**[selfmgmt@uvic.ca](mailto:selfmgmt@uvic.ca)**

**[www.selfmanagementbc.ca](http://www.selfmanagementbc.ca)**

**Looking to become a volunteer? Join our team!**

Contact us to register for the next four-day Leader Training Series in your community and become a volunteer leader.



Self-Management BC is supported by the Province of British Columbia.

## FREE WORKSHOP SERIES Living a Healthy Life with Chronic Conditions



**University of Victoria**

Institute on Aging & Lifelong Health



## The Chronic Conditions Self-Management Program is...

A six-week workshop that helps people with chronic conditions to better manage their symptoms and their daily lives. The workshop provides information and teaches practical skills. It gives people the confidence and motivation they need to manage the challenges of living with chronic health conditions.

Groups meet once a week for 2.5 hours, over six weeks. There are ten to sixteen participants in each workshop.

These workshops are offered throughout BC at **NO COST** to the participant.

# KNOWLEDGE+SKILLS+CONFIDENCE

Discover how to:

- understand and learn ways to manage symptoms
- communicate effectively with your health care team
- make daily living easier
- set realistic goals and learn problem solving strategies
- take action and live a healthier life
- manage pain and fatigue
- make lifestyle changes such as healthy eating and being more active



## The Symptom Cycle

While your condition can cause symptoms like pain, fatigue, depression, etc., it is not the only cause. Each symptom can make the others worse, creating a vicious cycle, unless we learn how to break it.



What participants are saying

*"An excellent program that I have been recommending to friends and family. I've found the program to be life-altering."*

*"This was the beginning of taking control of my condition. I moved from victim, from feeling helpless, to feeling that I can do something to alleviate my condition."*

*"Meeting with people who are dealing with the same things as me has given me a lot emotionally, and I think that's something I wouldn't be able to get anywhere else."*

**OVER 30,000 BRITISH COLUMBIANS HAVE TAKEN A SELF-MANAGEMENT PROGRAM**

