

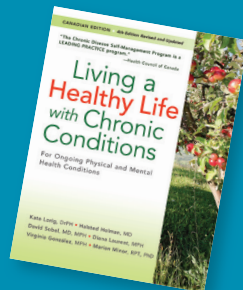


Program Facts:

The Online 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.

Workshops are easy to follow and take place entirely online. You can participate using any computer with an internet connection, even a dial-up connection. Log on at your convenience two or three times a week for a total of about two hours a week. Set your own goals and make a step-by-step action plan to help you feel better and start doing the things you want to do again.

**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

www.selfmanagementbc.ca

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Looking to become a volunteer? Join our team!

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

selfmanage.org/onlinebc



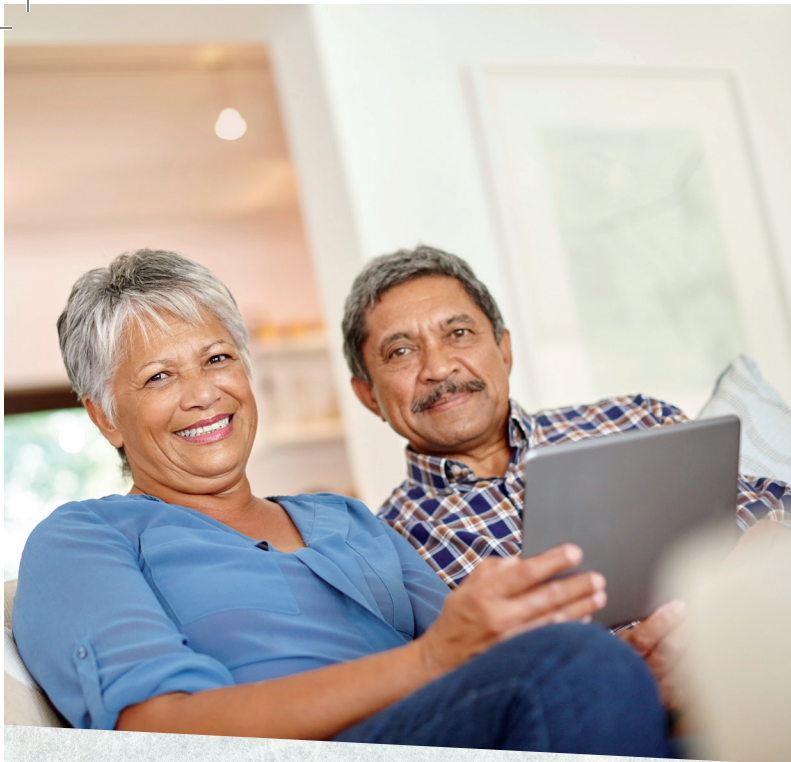
Self-Management BC is supported by the
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**University
of Victoria**

**Institute on Aging
& Lifelong Health**

To order additional brochures call: 1-866-902-3767 • Printed May, 2016



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

A confidential and interactive online 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.

This **FREE**, six-session workshop runs for six consecutive weeks.

All levels of computer experience welcome!

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



What participants are saying

"Goodness, I am so grateful to have a computer, have internet access and can read and type! Awesome! Even though we have our struggles, we are all connected. Our world is opening up, we are meeting people from all over B.C., from all walks of life, struggling with their health issues and yet we can become a compassionate "online friend" to help each other. How great is that?!"



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

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.

