

# Knowledge, Skills & Confidence

*People CAN live a healthy life with Chronic Conditions*

## Chronic Conditions Self-Management Program



- Learn to better manage your health
- Discover useful tips to maintain an active lifestyle
- Communicate effectively with your health care team
- Take action and live a healthy life!

**FREE SIX-SESSION WORKSHOPS FOR PERSONS WITH  
ONE OR MULTIPLE CHRONIC CONDITIONS  
Family Members and Friends Welcome**

**TIME/DATES:** Saturdays from Oct. 14 to Nov. 25, 2017  
1:30 pm to 4:00 pm

**LOCATION:** Prince Rupert Regional Hospital  
1305 Summit Avenue, Prince Rupert

**TO REGISTER:** 604-940-1273 or Toll Free: 1-866-902-3767  
[www.selfmanagementbc.ca](http://www.selfmanagementbc.ca)



University  
of Victoria

Institute on Aging  
& Lifelong Health



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