

Knowledge, Skills & Confidence

You 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 Workshop for Adults with

One or Multiple Chronic Conditions

Family Members and Friends Welcome

TIME/DATES: Mondays, September 17 to October 29, 2018

10:00am to 12:30pm

LOCATION: The 55 Activity Centre

1201 Village Green Way, Squamish, BC

TO REGISTER: 604-940-1273 or Toll Free: 1-866-902-3767

www.selfmanagementbc.ca



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of Victoria

Institute on Aging
& Lifelong Health

Self-Management
British Columbia



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