

KNOWLEDGE + SKILLS + CONFIDENCE

put life back in your life

Chronic Conditions Self-Management Program



- ✓ Learn to better manage your health
- ✓ Set goals and problem solve
- ✓ 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

DATES/TIME: Feb. 19 to March 19 (Tues.) & Thurs.
March 28, 2019 from 1:00pm to 3:30pm

LOCATION: Wilson Centre, Green Room
2150 Wilson Avenue, Port Coquitlam

TO REGISTER: 604-940-1273 or Toll Free: 1-866-902-3767
www.selfmanagementbc.ca

Self-Management BC programs follow a scent-free policy. For the health and consideration of other participants, please refrain from wearing fragrances in our workshops. Thank you!



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of Victoria

Institute on Aging
& Lifelong Health

Self-Management
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