

# ***Living a Healthy Life with Chronic Conditions***

## **Looking for Volunteer Program Leaders**

The University of Victoria – Institute on Aging & Lifelong Health is currently looking for persons to co-lead the **Chronic Conditions Self-Management Program** (CCSMP). The CCSMP is a *FREE*, volunteer-led patient education program for people living with any type of chronic health condition and caregivers. If you are interested in developing group facilitation skills to share strategies for healthier living and supporting others in your community, then this workshop may be for you.

**The 4-Day Leader Training Workshop will be held at**

Heiltsuk Health Centre, Bella Bella

**June 5, 6, 7 and 8 2018 from 9:30 am to 4:00 pm every day**

### **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!

Registration Required. For more information contact:

**Coordinator – June Clearsky (604) 940-6950 or [clearsky@uvic.ca](mailto:clearsky@uvic.ca)**

**Call TOLL-FREE 1-866-902-3767 or visit our website at:**

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



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