

put life back in your life

Join a free health program and become an expert self-manager!

Chronic Conditions Tool Kit for Active Living

Daily challenges of living with one or more chronic health conditions can be difficult. Take a free program that provides skills and gives greater confidence in the ability to manage and helps people improve their quality of life.



Tool Kit for Active Living

OR

Tool Kit for Active Living + Calls

For the independent self-starter. Receive a Tool Kit for self-paced learning.

Tool Kit Contents:

- ✓ *Living a Healthy Life* book
- ✓ *Relaxation for Mind and Body* CD
- ✓ An exercise CD
- ✓ A self-test and accompanying booklet
- ✓ Tips sheets on important self-management tools

Receive the same Tool Kit, **AND** Participate in 6 weekly calls with a small group, either by phone or Zoom[®] Calls are 30-45 minutes, once per week for 6 weeks

Learn tools, tips and strategies with others, while setting yourself a goal to achieve.

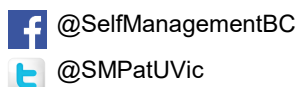
Contact Self-Management BC

www.selfmanagementbc.ca | selfmgmt@uvic.ca | Toll Free: 1-866-902-3767

Programs available in Chinese or Punjabi, please contact the Program Coordinator directly:

Chinese: Courtney Kang - ckang@uvic.ca | Punjabi: Jay Bains - jaybains@uvic.ca

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