

put life back in your life

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



Better Choices, Better Health Online

This **web-based**, 6-week program uses content from the *Chronic Conditions Self-Management Program* and focuses on decision making, problem-solving, and action-planning. New lessons are presented each week, and sessions are highly participative through internal messaging and online discussion boards. There are no requirements that participants log in at the same time.



This program is open to adults of all ages who are living with one or multiple ongoing health conditions.

Content Includes:

- ✓ Techniques to deal with problems such as frustration, fatigue, pain and isolation
- ✓ Appropriate exercise for maintaining and improving strength, flexibility, and endurance
- ✓ Communicating effectively with family, friends, and health professionals
- ✓ Healthy eating
- ✓ Making informed treatment decisions
- ✓ Disease-related problem solving

Program Features & Benefits:

- ✓ Ideal for those who cannot or do not wish to attend an in-person program, but would like interaction and discussion with others
- ✓ Log on at your convenience 2 to 3 times each week (for about 2 hours per week)
- ✓ Weekly lessons and activities keep participants on track
- ✓ Mutual support and success builds confidence to manage health, and maintain active and fulfilling lives

FOR MORE INFORMATION

Visit: www.selfmanagementbc.ca | Email: selfmgmt@uvic.ca | Call: 1-866-902-3767 (toll-free)

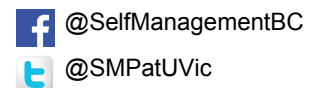
For programs in Chinese or Punjabi, please contact the Program Coordinator directly:

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

Also available:

- Health Coach Program
- Tool Kit for Active Living with Chronic Conditions
- Tool Kit for Active Living + Telephone Calls

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