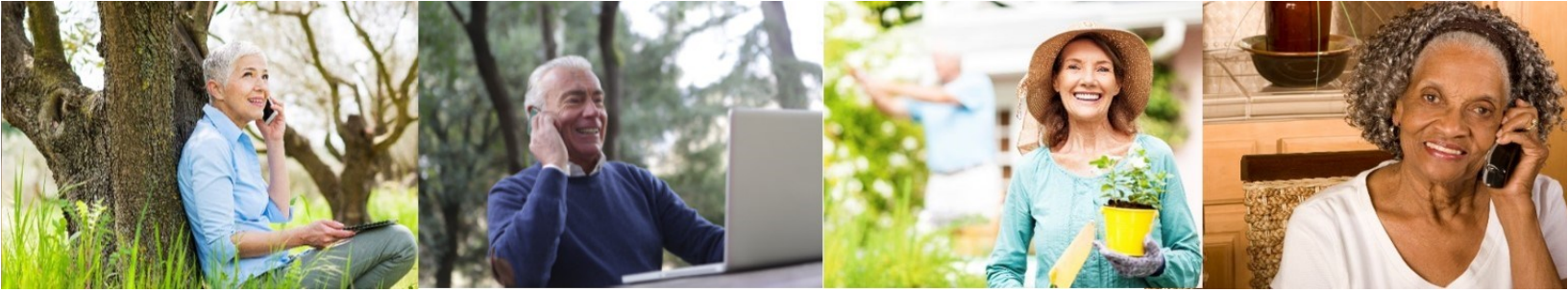


put life back in your life

Join a free health program and participate online, by telephone, or independently!



4 PROGRAMS TO CHOOSE FROM!

All Self-Management BC programs are open to adults of any age living in BC with one or multiple ongoing health conditions.

Better Choices,
Better Health
Online



The *Better Choices, Better Health Online Self-Management Program* is a web-based, 6-week program in which groups of about 25 people—all living with a variety of ongoing health conditions—participate together.

Health Coach
Program



The *Self-Management Health Coach Program* is a telephone-based coaching program that supports people living with chronic conditions to become better self-managers. Health Coaches connect with participants by telephone, once a week for 30 minutes, for a period of three months.

Tool Kit for
Active Living



The *Tool Kit for Active Living with Chronic Conditions Program* is an evidence-based program that includes all tools in the *Chronic Disease Self-Management Program*, packaged into a one-time mailing. It offers an alternative method for those who cannot or do not wish to attend a CDSMP workshop in person or online.

Tool Kit for
Active Living +
Telephone



Participants in this 6-week program receive the materials from the *Tool Kit for Active Living with Chronic Conditions Program*, and participate in a weekly 30-minute, small group conference call with a Program Leader and other participants.

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

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

For more information, visit us at www.selfmanagementbc.ca, email selfmgmt@uvic.ca, or call 1-866-902-3767 (toll-free)