

put life back in your life

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

Diabetes Tool Kit for Active Living

Daily challenges of living with diabetes can be difficult. Adults are welcome to take a free program that provides skills to learn how to balance activity, nutrition and medication to better manage symptoms.

Two programs to choose from:



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
- ✓ 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 and gain greater confidence in the ability to manage, improving the quality of life

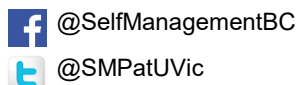
Contact Self-Management BC

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

Program 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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