

Are you living with chronic conditions?

GAIN KNOWLEDGE + SKILLS + CONFIDENCE

Chronic Conditions Self-Management Program

Daily challenges of living with one or more chronic health conditions, such as heart disease, MS, or COPD can be difficult. Gain knowledge, skills and confidence in your ability to manage your health, by taking a **free** program that can help improve your quality of life.



In-Person Workshops

OR

Virtual Workshops



Our **In-Person** group workshops are held at host venues in communities throughout BC (max 12 participants). Our **Virtual** group workshops are conducted via webcams (max 8 participants). Each option consists of one 2.5 hour session per week for 6 weeks. The “Living a Health Life” resource book is provided.

Self-Study: Tool Kit for Active Living



Participants receive program materials including the “Living a Healthy Life with Chronic Conditions” resource book and self-assessment and guide booklet in a one-time mailing. Suitable for those who enjoy **independent** self-paced learning.

Telephone Group: Tool Kit for Active Living + Calls



In this 6-week workshop you receive the materials from the *Tool Kit for Active Living with Chronic Conditions* **PLUS** participate in a weekly 45 minute, small group guided call (4-6 participants).

Contact Self-Management BC

604-940-1273 or Toll Free: 1-866-902-3767
selfmgmt@uvic.ca | selfmanagementbc.ca



Institute on Aging
& Lifelong Health

Self-Management
British Columbia

