

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 by taking a **free** program that can help improve the quality of your life.



Three formats to choose from:

Virtual Program



Our virtual interactive program using **web-cams** is offered over six sessions, 2.5 hours per week for 6 weeks as a small group (6-8 persons) with leaders and using the “*Living a Healthy Life*” resource book provided.

Self-Study: Tool Kit for Active Living



You receive resource materials including the “*Living a Healthy Life*” resource book, 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 our 6 week program you receive the materials from the *Tool Kit for Active Living with Chronic Conditions* **PLUS participate** in a weekly 30-45 minute, small group (3-5 persons) guided call.

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

