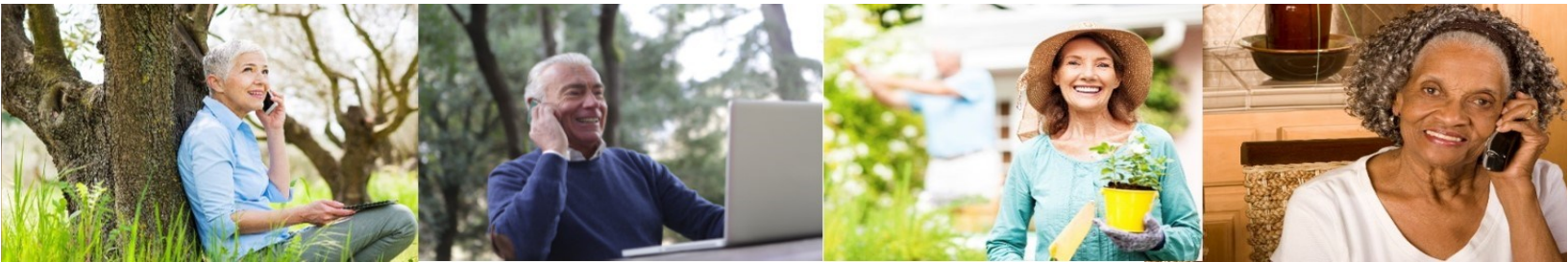


# Are you living with chronic conditions?

## GAIN KNOWLEDGE + SKILLS + CONFIDENCE



### YOUR CHOICE OF FREE PROGRAMS

Self  
Study



Suitable for the independent learner. You receive resource materials, including the “*Living a Healthy Life*” book, self-assessment and guide booklet in a one-time mailing known as the *Tool Kit for Active Living Program*. Available for Chronic Conditions, Chronic Pain and Diabetes.

Telephone  
Group



In our 6-week program, you receive the *Tool Kit for Active Living Program* materials, **plus participate** in a weekly 30-45 minute, small group (3-5 persons) **guided call**. Available for Chronic Conditions, Chronic Pain and Diabetes.

Virtual



Our virtual interactive program using **webcams** is offered over six sessions, 2.5 hours per week for six weeks as a 6 to 8 person group workshop. Available for Chronic Conditions, Cancer, Diabetes and Chronic Pain.

Health Coach  
Program



A **telephone-based** coaching program where you receive a telephone call from a peer Health Coach 30 minutes once a week for three months.

Online



*Better Choices, Better Health*® is a **web-based** 6-week program where you can log in on your own time and be part of a group. You have the opportunity to give and receive support and share experiences through online bulletin boards.

**Contact Self-Management BC**

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selfmgmt@uvic.ca | selfmanagementbc.ca



Institute on Aging  
& Lifelong Health



Self-Management BC is supported by the Province of British Columbia