

GAIN KNOWLEDGE + SKILLS + CONFIDENCE

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



Self-Study Tool Kit for Active Living

Tool Kit Choices: Chronic Pain, Chronic Conditions or Diabetes

These evidence-based programs provide resource materials including a book, self-assessment guide and booklet in a one-time mailing for self-guided learning.



Tool Kit Contents:

- ✓ *Living a Healthy Life* book
- ✓ *Relaxation for Mind and Body* CD (not in Diabetes Tool Kit)
- ✓ An exercise CD or MP3
- ✓ A self-assessment and accompanying booklet
- ✓ Tips sheets on important self-management tools

Program Features & Benefits:

- ✓ Ideal for those who are self-starters
- ✓ Participants receive package of resources to refer to whenever, and however, they like
- ✓ Promotes independent, self-paced learning and monitoring
- ✓ Increases confidence and motivation

Other programs include: Tool Kit for Active Living + Calls (Kit + 6 weekly calls)

Virtual Programs (6 sessions 2.5 hours per week on webcam)

Health Coach Program (telephone based peer coaching, weekly call for 3 months)

Online Program (web-based 6 sessions)

All available for adults living in BC with one or more ongoing health conditions.

Contact Self-Management BC

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