

# GAIN KNOWLEDGE + SKILLS + CONFIDENCE

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



Telephone Group: Tool Kit for Active Living + Calls

## AVAILABLE FOR: CHRONIC CONDITIONS, CHRONIC PAIN, AND DIABETES

In our free 6-week program, you receive the **Tool Kit for Active Living** program materials, **plus** participate in a weekly 30- to 45-minute small group call\* with a program leader.

The Program is designed to increase confidence and well-being, and provide motivation to manage the challenges associated with living with chronic health conditions, chronic pain or diabetes.



\*Calls will be conducted via telephone or computer audio.

### What's included in the Tool Kit?

#### Chronic Conditions

- ✓ *Living a Healthy Life with Chronic Conditions* book
- ✓ *Relaxation for Mind and Body* CD/MP3
- ✓ An exercise CD/MP3
- ✓ A self-test
- ✓ Tip sheets

#### Chronic Pain

- ✓ *Living a Healthy Life with Chronic Pain* book
- ✓ *Relaxation for Mind & Body* CD/MP3
- ✓ *Moving Easy Program* CD
- ✓ A self-test
- ✓ Tip sheets

#### Diabetes

- ✓ *Living a Healthy Life with Chronic Conditions* book
- ✓ An exercise CD/MP3
- ✓ A self-test
- ✓ Tip sheets

*Programs are open to adults living in BC with one or more ongoing health conditions.*

### Contact Self-Management BC

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Institute on Aging  
& Lifelong Health

Self-Management  
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