

# KNOWLEDGE + SKILLS + CONFIDENCE

## Chronic Conditions Self-Management Program



- ✓ Learn to better manage your health
- ✓ Set goals and problem solve
- ✓ Communicate effectively with your health care team
- ✓ Take action and live a healthy life!

### FREE Six-Session Workshop for Adults with Chronic Conditions

*Family Members and Friends Welcome*

**DATES/TIME:** October 19, 2026 to November 23, 2026

Mondays, 12:30 p.m. to 3:00 p.m. Age 55+

**LOCATION:** Thompson Community Centre

5151 Granville Avenue, Richmond BC

**TO REGISTER:** Richmond Parks & Rec Website:

<https://www.richmond.ca/parks-recreation/registration.htm>

Or any Richmond Community Centre

**Workshop Code #00537556**



*Connect with us:*



@SelfManagementBC



*\*\*Self-Management BC programs follow a scent-free policy. For the health and consideration of other participants, please refrain from wearing fragrances in our workshops. Thank you!\*\**



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of Victoria

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& Lifelong Health

Self-Management  
*British Columbia*



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