

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 6, 2026 to November 10, 2026

Tuesdays, 10:00am to 12:30pm

LOCATION: Langley Meals on Wheels, 2nd Floor Boardroom

2900 272 Street, Aldergrove BC

TO REGISTER: Toll Free: 604-940-1273 Email: selfmgmt@uvic.ca

www.selfmanagementbc.ca

Connect with us:  [@SelfManagementBC](https://www.facebook.com/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!



**University
of Victoria**

Institute on Aging
& Lifelong Health

Self-Management
British Columbia



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