

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 22, 2026 to November 26, 2026

Thursdays, 12:30 pm to 3:00 pm

LOCATION: Matsqui Recreation Centre—Boardroom

3106 Clearbrook Road, Abbotsford BC

TO REGISTER: Call 604-940-1273 or Email selfmgmt@uvic.ca

www.selfmanagementbc.ca

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!



**University
of Victoria**

Institute on Aging
& Lifelong Health

Self-Management
British Columbia



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COLUMBIA**

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