

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 13, 2026 to November 17, 2026

Tuesdays, 1:00pm to 3:30pm

LOCATION: Chilliwack & FH Rural Primary Care Centre

#104—7955 Evans Rd, Chilliwack BC

TO REGISTER: Toll Free: 1-866-902-3767 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!



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of Victoria**

Institute on Aging
& Lifelong Health

Self-Management
British Columbia



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