

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 29, 2026 to December 3, 2026
Thursdays, 1:30pm to 4:00pm



LOCATION: Roundhouse Community Arts & Recreation Centre
181 Roundhouse Mews, Vancouver BC

TO REGISTER: Contact SMBC: 604-940-1273 or selfmgmt@uvic.ca
Or via our website at www.selfmanagementbc.ca
Or, via Vancouver Parks & Rec website– workshop #633937



<https://vancouver.ca/parks-recreation-culture/recreational-lessons-and-classes.aspx>

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