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 Virtual Workshop for Adults with one or multiple Chronic Health Conditions

Workshop offered using Zoom® —link provided after registration

Dates: February 23, 2027 to March 30, 2027

Days and times: Tuesdays, 10:00am to 12:30pm

To register contact Self-Management BC
604-940-1273 or Toll Free: 1-866-902-3767
selfmanagementbc.ca

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Self-Management British Columbia

British Columbia

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