

# KNOWLEDGE + SKILLS + CONFIDENCE

*put life back in your life*

## 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 One or Multiple Chronic Conditions

*Family Members and Friends Welcome*

**DATES/TIME:** Fridays, October 18 to November 22, 2019  
1:00pm to 3:30pm

**LOCATION:** ACE Activity Centre  
1131 6th Avenue, Prince George

**TO REGISTER:** 1-866-902-3767 or 604-940-1273  
[selfmanagementbc.ca](http://selfmanagementbc.ca)

*Connect with us:*



@SelfManagementBC



@SMPatUVic

\*\*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