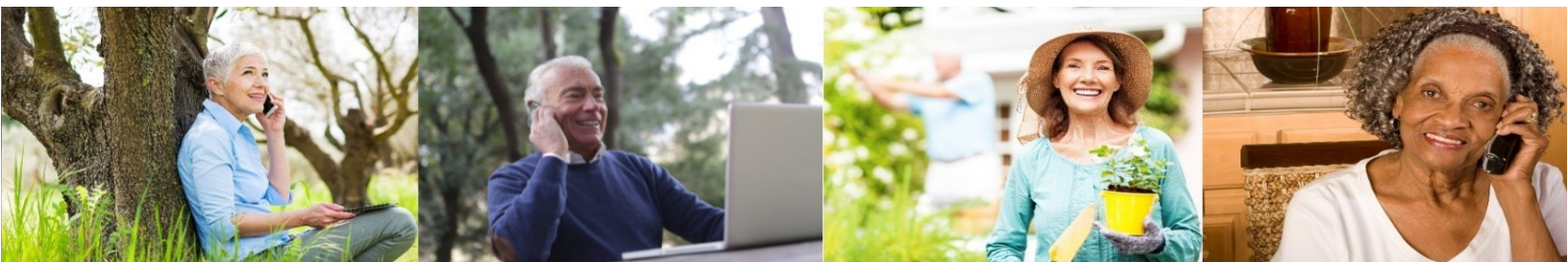


Are you living with chronic conditions?

GAIN KNOWLEDGE + SKILLS + CONFIDENCE



YOUR CHOICE OF FREE PROGRAMS

In-Person

Virtual



One 2.5 hour group session per week for six weeks
Held at venues throughout BC or virtually via webcams
Workbook provided
Options: Chronic Conditions, Chronic Pain, Diabetes and Cancer

Self
Study



Tool Kit for Active Living package mailed to your home
Work through program content independently, at your own pace
Options: Chronic Conditions, Chronic Pain, Diabetes

Health
Coach



Receive a weekly phone call from a peer Health Coach
One 30 min session per week for three months
Workbook provided

Online



Interactive web-based format
Log on at your convenience over 6 weeks
Workbook provided

Contact Self-Management BC

604-940-1273 or Toll Free: 1-866-902-3767
selfmgmt@uvic.ca | selfmanagementbc.ca



Institute on Aging
& Lifelong Health

Self-Management
British Columbia

