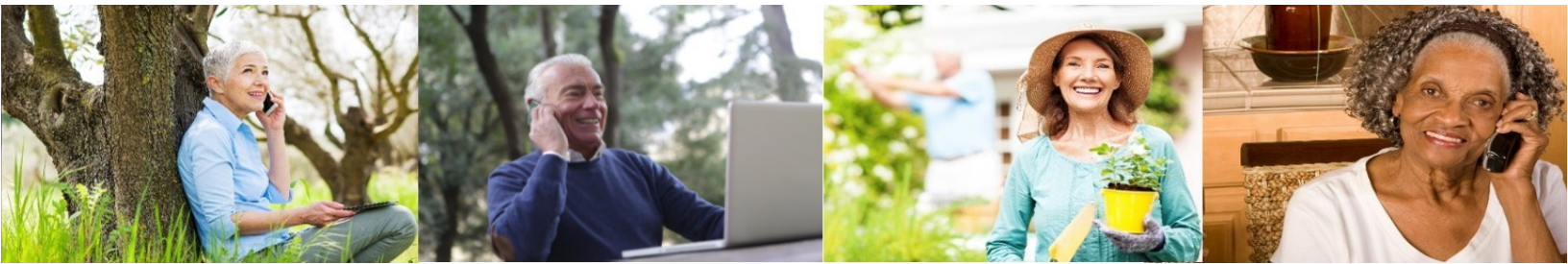


# Are you living with chronic conditions?

## 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*



Telephone



**Health Coach Program:** Achieve your health goals with help from a peer Health Coach; 1 session/week for 3 months

**Frailty Coaching Program:** Learn strategies to slow down and/or prevent the progression of frailty; 1 session/week for 3 months

\*Workbook provided for both programs

Online



Web-based 6 week group program where participants log in on their own time to complete weekly activities and interact through discussion boards

\*Workbook provided

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 and Cancer*

**Contact Self-Management BC**

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