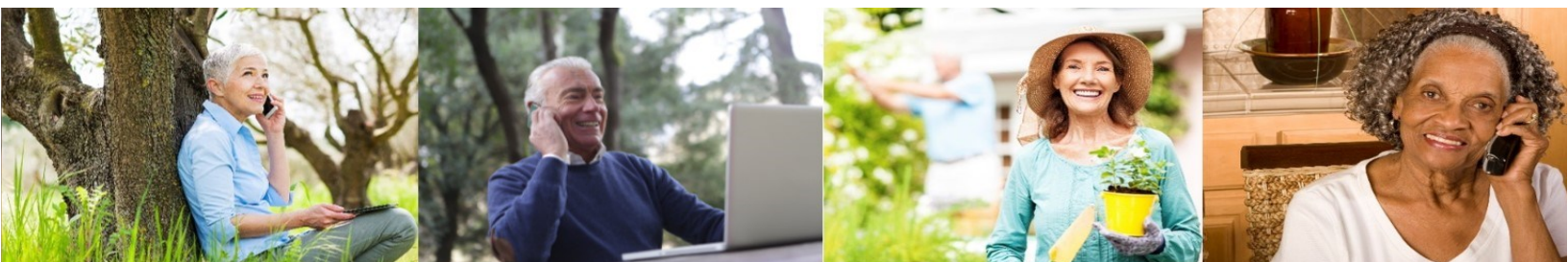


Are you living with chronic conditions?

GAIN KNOWLEDGE + SKILLS + CONFIDENCE



YOUR CHOICE OF FREE PROGRAMS

In-Person



Our **In-Person** group workshops are held at host venues in communities throughout BC (Max 12 participants).

Virtual



Our interactive **Virtual** Program is conducted via webcams (Max 8 participants). Each options consists of one 2.5 hour session per week for 6 weeks. *Available for Chronic Conditions, Cancer, Diabetes, Chronic Pain.*

Telephone
Group



In our telephone group program, you receive the **Tool Kit for Active Living Program** materials, **plus** participate in a weekly guided call with up to 6 participants. One 45 min session per week for 6 weeks. *Available for Chronic Conditions, Chronic Pain and Diabetes.*

Self
Study



Suitable for the independent learner. You receive resource materials, including the “*Living a Healthy Life*” book, self-assessment and guide booklet in a one-time mailing known as the **Tool Kit for Active Living Program**. *Available for Chronic Conditions, Chronic Pain and Diabetes.*

Health
Coach



A **telephone-based** coaching program where you receive a telephone call from a peer Health Coach 30 minutes once a week for three months.

Online



Better Choices, Better Health® is a **web-based** 6-week program where you can log in on your own time and be part of a group. You have the opportunity to give and receive support and share experiences through online bulletin boards.

Contact Self-Management BC

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



Institute on Aging
& Lifelong Health

