

GAIN KNOWLEDGE + SKILLS + CONFIDENCE

Join a free health program and become an expert self-manager!



Better Choices, Better Health® Online

This **web-based**, 6-week program uses evidence-based content to focus on decision making, problem solving, and action planning. New lessons are presented each week and are highly participative through internal messaging and online discussion boards, where mutual support and success builds confidence to better manage chronic health conditions. Real time attendance is not required, participants can log on at their own convenience 2-3 times per week.



Content Includes:

- ✓ Techniques to deal with problems such as frustration, fatigue, pain and isolation
- ✓ Appropriate exercise for maintaining and improving strength, flexibility, and endurance
- ✓ Communicating effectively with family, friends, and health professionals
- ✓ Healthy eating
- ✓ Making informed treatment decisions
- ✓ Disease-related problem solving

Program Features & Benefits:

- ✓ Ideal for those who cannot or do not wish to attend an in-person program, but would like interaction and discussion with others
- ✓ Weekly lessons and activities keep participants on track
- ✓ Log on at your convenience 2 to 3 times each week (for approx. 2 hours per week)
- ✓ Mutual support and success builds confidence to manage health, and maintain active and fulfilling lives

This program is open to adults living in BC with one or more chronic health conditions.

Contact Self-Management BC

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