

Are you living with chronic conditions?

GAIN KNOWLEDGE + SKILLS + CONFIDENCE

Chronic Conditions Self-Management Program

Daily challenges of living with one or more chronic health conditions, such as heart disease, MS, or COPD can be difficult.

Gain knowledge, skills and confidence in your ability to manage by taking a **free** program that can help improve the quality of your life.

Three formats to choose from:



In-Person Workshops

Our **In-Person** group workshops are held at host venues in communities throughout BC (max 12 participants). Offered over six sessions, 2.5 hours per week for 6 weeks. The “*Living a Healthy Life*” resource book is provided.



Virtual Workshops

Our virtual group workshops are conducted via **web-cams**, and are offered over six sessions, 2.5 hours per week for 6 weeks (max 8 participants). The “*Living a Healthy Life*” resource book is provided.



Self-Study: Tool Kit for Active Living

Participants receive a one-time mailing of program materials that include the “*Living a Healthy Life with Chronic Conditions*” resource book and self-assessment booklet. Suitable for those who enjoy **independent** self-paced learning.

Contact Self-Management BC

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