

# put life back in your life

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



Tool Kit for Active Living + Calls

## AVAILABLE FOR: CHRONIC CONDITIONS, CHRONIC PAIN, AND DIABETES

Participants in the 6-week **Tool Kit for Active Living + Calls** programs receive materials and participate in a weekly 30- to 45-minute small group call\* with a program leader. Programs are designed to increase confidence and well-being, and provide motivation to manage the challenges associated with living with chronic health conditions, chronic pain or diabetes.

\*Calls will be conducted via Zoom® (some exceptions). If you do not have access to a computer/internet, you can also access the Zoom conference via a telephone line.

### What's included in the Tool Kit?

#### Chronic Conditions

- ✓ *Living a Healthy Life with Chronic Conditions*, 5th Ed. book
- ✓ *Relaxation for Mind and Body* CD
- ✓ An exercise CD
- ✓ A self-test
- ✓ Tip sheets

#### Chronic Pain

- ✓ *Living a Healthy Life with Chronic Pain* book
- ✓ *Relaxation for Mind and Body* CD
- ✓ *Moving Easy Program* CD
- ✓ A self-test
- ✓ Tip sheets

#### Diabetes

- ✓ *Living a Healthy Life with Chronic Conditions*, 5th Ed. book
- ✓ An exercise CD
- ✓ A self-test
- ✓ Tip sheets

**Programs are open to adults living with one or more ongoing health conditions.**

### Contact Self-Management BC

[www.selfmanagementbc.ca](http://www.selfmanagementbc.ca) | [selfmgmt@uvic.ca](mailto:selfmgmt@uvic.ca) | Toll Free: 1-866-902-3767

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British Columbia

