

put life back in your life

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



Tool Kit for Active Living with Chronic Conditions

This evidence-based program includes all the tools in the *Chronic Conditions Self-Management Program*, packaged into a **one-time mailing**. It offers an alternative method for those who cannot or do not wish to attend a program in person or online. The Tool Kit will give you some ideas to try over time and become an expert self-manager.



This program is open to adults of all ages who are living with one or multiple ongoing health conditions.

Tool Kit Contents:

- ✓ *Living a Healthy Life with Chronic Conditions*, 5th Edition book
- ✓ *Relaxation for Mind and Body* CD
- ✓ An exercise CD with accompanying booklet
- ✓ A self-test to help decide how to use the materials
- ✓ Tips sheets on the most important self-management tools

Program Features & Benefits:

- ✓ Ideal for those who are self-starters, and do not wish to or cannot attend a program in-person or online
- ✓ Participants receive package of resources to refer to whenever, and however, they like
- ✓ Promotes independent learning and self-monitoring
- ✓ Increases confidence and motivation

FOR MORE INFORMATION

Visit: www.selfmanagementbc.ca | Email: selfmgmt@uvic.ca | Call: 1-866-902-3767 (toll-free)

For programs in Chinese or Punjabi, please contact the Program Coordinator directly:

Chinese: Courtney Kang - ckang@uvic.ca | Punjabi: Jay Bains - jaybains@uvic.ca

Also available:

- Better Choices, Better Health Online Program
- Health Coach Program
- Tool Kit for Active Living + Telephone Calls

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