

# put life back in your life

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

## Chronic Conditions Tool Kit for Active Living

Daily challenges of living with one or more chronic health conditions can be difficult. Take a free program that provides skills and gives greater confidence in the ability to manage and helps people improve their quality of life.



### Tool Kit for Active Living

OR

### Tool Kit for Active Living + Calls

For the independent self-starter. Receive a Tool Kit for self-paced learning.

#### **Tool Kit Contents:**

- ✓ *Living a Healthy Life* book
- ✓ *Relaxation for Mind and Body* CD
- ✓ An exercise CD
- ✓ A self-test and accompanying booklet
- ✓ Tips sheets on important self-management tools

Receive the same Tool Kit, **AND**

Participate in 6 weekly calls with a small group, either by phone or computer audio

Calls are 30-45 minutes, once per week for 6 weeks

Learn tools, tips and strategies with others, while setting yourself a goal to achieve.

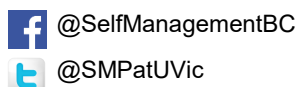
### Contact Self-Management BC

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

*Program available in Chinese or Punjabi, please contact the Program Coordinator directly:*

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