

# put life back in your life

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

## Diabetes Tool Kit for Active Living

Daily challenges of living with diabetes can be difficult. Adults are welcome to take a free program that provides skills to learn how to balance activity, nutrition and medication to better manage symptoms.

Two programs to choose from:



### 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
- ✓ 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 and gain greater confidence in the ability to manage, improving the quality of life

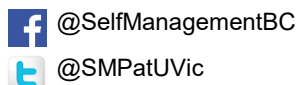
### Contact Self-Management BC

[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:*

Chinese: Courtney Kang - [ckang@uvic.ca](mailto:ckang@uvic.ca) | Punjabi: Jay Bains - [jaybains@uvic.ca](mailto:jaybains@uvic.ca)

Connect with us:



Subscribe to our e-newsletter by emailing: [theloop@uvic.ca](mailto:theloop@uvic.ca)



University  
of Victoria

Institute on Aging  
& Lifelong Health

Self-Management  
British Columbia



BRITISH  
COLUMBIA