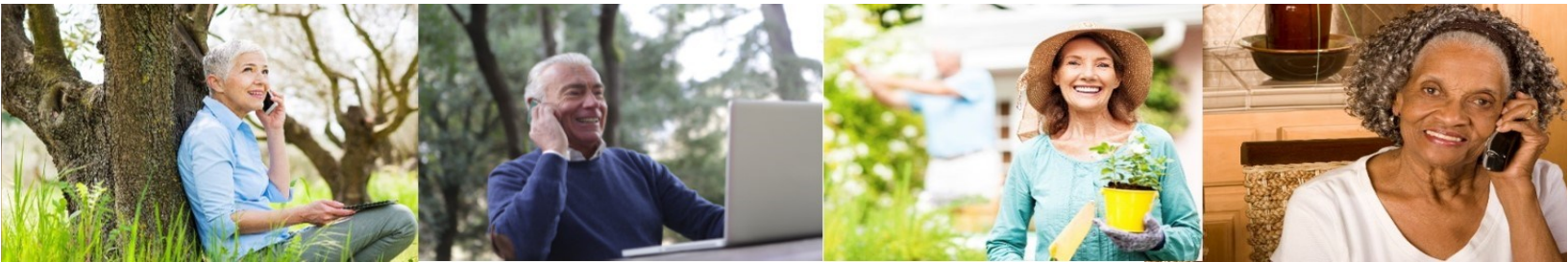


Are you living with chronic conditions?

GAIN KNOWLEDGE + SKILLS + CONFIDENCE



YOUR CHOICE OF FREE PROGRAMS

Tool Kit for Active Living



You receive resource materials, including a book, self-assessment and guide booklet in a **one-time mailing**. Available for Chronic Conditions, Chronic Pain and Diabetes.

Tool Kit for Active Living + Calls



In our 6-week program you **receive the materials** from the *Tool Kit for Active Living Program*, **plus participate** in a weekly 30-45 minute, small group (4-6 persons) guided call. Available for Chronic Conditions, Chronic Pain and Diabetes.

Health Coach Program



A **telephone-based** coaching program in which you receive a telephone call from a Health Coach for 30 minutes once a week, for a period of three months.

Virtual Programs



Our virtual interactive program **using web-cams** is offered over six sessions, 2.5 hours per week for 6 weeks as a small group (6-12 persons). Available for Chronic Conditions, Chronic Pain and Cancer: Thriving & Surviving (Diabetes April, 2021)

Better Choices, Better Health® Online



A **web-based**, 6-week program where you can log in on your own time, as well as being part of a group. This provides opportunities for self-paced learning, and group members help each other stay on track.

Contact Self-Management BC

604-940-1273 or Toll Free: 1-866-902-3767
selfmgmt@uvic.ca | selfmanagementbc.ca



Institute on Aging & Lifelong Health

