

Live a Healthy Life with Chronic Conditions

Join the free six-week online Chronic Disease Self Management Program

This online workshop led by pairs of trained volunteer facilitators will give you the tools, skills and confidence to live a healthier life!

- Available to adults living with chronic conditions such as diabetes, arthritis, asthma, depression, chronic obstructive pulmonary disease, etc.
- A confidential and interactive online workshop
- Offered throughout B.C. and Yukon at **NO COST**
- Includes a free resource book: *Living a Healthy Life with Chronic Conditions*

Register for the next online workshop! Interested?

www.selfmanage.org/onlinebc • bc@selfmanage.org

Toll-free: 1-866-902-3767

Family members and friends welcome.



diabetes

fatigue
arthritis

pain

sleep

feedback
decisions
COPD

physical activity
medications

self-management

problem-solving
depression
healthy
relaxation
endometriosis

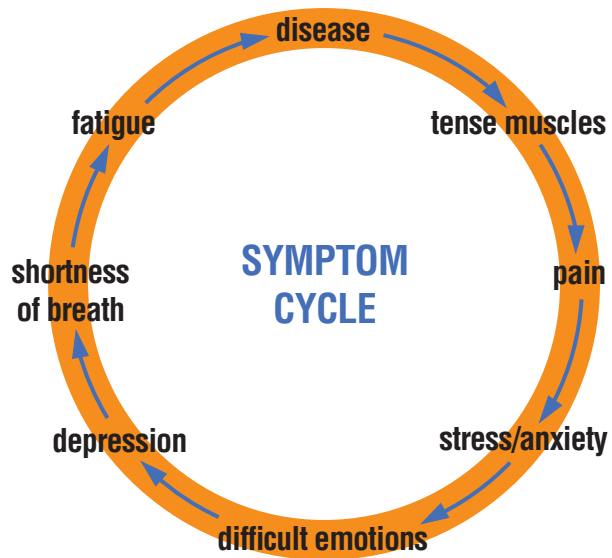
symptoms
readiness
goals
cancer

treatment

stress
confidence

emotions

fibromyalgia
understanding
support



You will learn how to...

- ✓ Understand and learn ways to manage symptoms
- ✓ Get started making lifestyle changes such as healthy eating and being more active
- ✓ Communicate effectively with your health care team
- ✓ Problem-solve to make daily tasks easier
- ✓ Take action and live a healthier life!

What

A FREE six-week online self-management workshop

Where

Anywhere you can access the Internet

When

Log on at your convenience two to three times a week

The Online Chronic Disease Self-Management Program is accessible to those with all levels of computer experience.



University
of Victoria

Centre
on Aging

