

Knowledge, Skills & Confidence

People CAN live a healthy life with Chronic Conditions

Chronic Conditions Self-Management Program



- Learn to better manage your health
- Discover useful tips to maintain an active lifestyle
- Communicate effectively with your health care team
- Take action and live a healthy life!

**FREE SIX-SESSION WORKSHOPS FOR PERSONS WITH
ONE OR MULTIPLE CHRONIC CONDITIONS
Family Members and Friends Welcome**

TIME/DATES: Tuesdays, May 16th to June 20th, 2017
9:30 am to 12:00 pm

LOCATION: Centre for Active Living
1-1475 Anderson Street, WHITE ROCK

TO REGISTER: 604-940-1273 or Toll Free: 1-866-902-3767
www.selfmanagementbc.ca



University
of Victoria

Institute on Aging
& Lifelong Health



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Self-Management
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