

KNOWLEDGE + SKILLS + CONFIDENCE



Self-Study Tool Kit for Active Living

Tool Kit Choices: Chronic Conditions, Chronic Pain, Diabetes, and Cancer: Thriving & Surviving.

All the materials needed for these evidence-based programs are mailed to the participant's home. Work through the program content independently, at your own pace!



Tool Kit Contents:

- ✓ *Living a Healthy Life* resource book
- ✓ Relaxation CD or MP3 (not in Diabetes Tool Kit)
- ✓ Exercise CD or MP3
- ✓ A self-assessment and accompanying booklet
- ✓ Tips sheets on important self-management tools

Program Features & Benefits:

- ✓ Ideal for those who are self-starters
- ✓ Participants receive package of resources to refer to whenever, and however, they like
- ✓ Promotes independent, self-paced learning and monitoring
- ✓ Increases confidence and motivation

Other programs include:

In-Person or Virtual Group Workshops (6 sessions, 2.5 hours per week)
Health Coach Program (telephone-based peer coaching, weekly call for 3 months)
Online Program (web-based, 6 sessions)

All programs are available free of charge for adults living in BC with one or more ongoing health conditions.

Contact Self-Management BC

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



University
of Victoria

Institute on Aging
& Lifelong Health

Self-Management
British Columbia



BRITISH
COLUMBIA