

Knowledge, Skills & Confidence

You CAN live a healthy life with Chronic Conditions

Chronic Conditions Self-Management



- ◆ Learn to better manage your health
- ◆ Set goals and problem solve
- ◆ Communicate effectively with your health care team
- ◆ Take action and live a healthy life!

**Free Six-Session Workshop for Adults with
Any Ongoing Physical or Mental Health Conditions**
Family Members and Friends Welcome

RICHMOND CENTRE FOR DISABILITY
100 – 5671 No. #3 Rd., RICHMOND
October 16 to November 20, 2017
FOR SIX MONDAYS from 5:30 pm to 8:00 pm
REGISTRATION IS REQUIRED

Tel: 604-940-1273 | Toll-Free: 1-866-902-3767

www.selfmanagementbc.ca



University
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