

put life back in your life

Join a free health program and become an expert self-manager!



Tool Kit for Active Living

Tool Kit Choices: Chronic Pain, Chronic Conditions or Diabetes

These evidence-based programs provide an alternative for those who cannot or do not wish to participate in a small group, or online program. The Tool Kit, packaged into a **one-time mailing**, provides self-paced ideas to try and learn to become an expert self-manager.



Tool Kit Contents:

- ✓ *Living a Healthy Life* book
- ✓ *Relaxation for Mind and Body* CD (not in Diabetes Tool Kit)
- ✓ An exercise CD
- ✓ A self-test and accompanying booklet
- ✓ Tips sheets on important self-management tools

Program Features & Benefits:

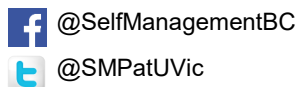
- ✓ Ideal for those who are self-starters
- ✓ Participants receive package of resources to refer to whenever, and however, they like
- ✓ Promotes independent, self-paced learning and monitoring

Program are open to adults living with one or more ongoing health conditions.

Contact Self-Management BC

www.selfmanagementbc.ca | selfmgmt@uvic.ca | Toll Free: 1-866-902-3767

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