

A program led by pairs of
trained volunteer facilitators



Register for the
next online
workshop

Interested?

Call TOLL FREE
1-866-902-3767

Lower Mainland
604-940-1273

www.selfmanage.org/onlinebc

bc@selfmanage.org



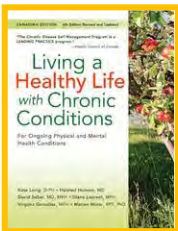
Online Chronic Disease Self- Management Program



*The Online Chronic Disease
Self-Management
Program is a **FREE**
educational workshop
giving you the tools to live
a healthier life!*

The Online Chronic Disease Self-Management Program

- Available to adults living with chronic conditions such as diabetes, arthritis, asthma, depression, agoraphobia ...etc.
- A confidential and interactive online workshop
- Offered throughout BC and the Yukon at **NO COST**
- Includes a free resource book - *“Living a Healthy Life with Chronic Conditions”*



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 2-3 times a week



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