

# Steps to Success – Resources

Open a resource by clicking on its title.

- **OASIS Resources:**

- [Goal Setting for Healthy Change](#)
- [Self-Management and Goal-Setting Booklet](#)
- [My Pain Diary](#)

- **Other Resources:**

- [The Arthritis Society](#) – Arthritis information, research advocacy and support
- [Arthritis Consumer Experts](#) – ACE serves people living with all forms of arthritis by helping them take control of their disease and improve their quality of life through education and empowerment.
- [Self-Management British Columbia](#) – FREE health programs for adults of all ages living with one or multiple ongoing health conditions.
- [GLA:D Canada](#) – Hip and knee osteoarthritis 6-8 week education and exercise program to increase muscle strength and improve movement patterns.
- [Choose to Move](#) – Support to introduce the habit of physical activity into your daily life
- [Counselling BC](#) – Information on counselling services in the practice areas of chronic illness and chronic pain
- [Pain BC](#) – Pain support and wellness groups, as well as extensive information, research, and guides for those living with pain.
- [Canada's Food Guide](#) - Current information on food and nutrition, eating habits, tips, recipes and resources.