



Better Choices, Better Health®

Self-Management Program

Upcoming Workshops Edmonton Zone

These free workshops consist of six 2 ½ hour sessions for those who have a chronic condition(s). Participants will increase their confidence and learn new skills to better manage their health condition(s) in order to enjoy a better quality of life. Support persons are also welcome to attend.

Workshop Type	Location	2021 Dates	Day & Time
CHRONIC PAIN	ZOOM	September 12, 19, 26 October 3, 17 , 24	Sundays, 6pm – 830pm
CHRONIC PAIN	ZOOM	September 22, 29 October 6, 13, 20, 27	Wednesdays, 930am – 12pm
CHRONIC PAIN	ZOOM	October 18, 25 November 1, 8, 15, 22	Mondays, 6pm – 830pm
CHRONIC PAIN	ZOOM	October 26 November 2, 9, 16, 23, 30	Tuesdays, 130pm – 4pm

All workshops will take place virtually using the online platform Zoom (www.zoom.us).

Interested participants should have access to the following:

- a working device (eg. computer, tablet, or smartphone) equipped with a camera and microphone
- access to the internet
- a private space while attending the workshop

For more information about Better Choices, Better Health® or to register for a workshop in
Edmonton and Area, call: 780-735-1080

or visit www.albertahealthservices.ca/services/bcbh.aspx

