



Better Choices, Better Health® Chronic Disease Self-Management Program

Online Workshop Schedule

These free online workshops consist of six 2 ½ hour sessions for Alberta adults (18+ years of age) 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 register and attend.

Dates	Time	How to Register
May 8, 15, 22, 29, June 5, & 12	Wednesdays 1:30 p.m. – 4:00 p.m.	Call 1-877-349-5711 or Register Online
May 8, 15, 22, 29, June 5, 12	Wednesdays 9:00 a.m. – 11:30 p.m.	Call 1-877-314-6997 or Register Online
August 13, 20, 27, September 3, 10 & 17	Tuesdays 1:00 p.m. – 3:30 p.m.	Call 1-844-527-1160 or Register Online

Online classes are on Zoom and participants should have access to:

- A computer, tablet, or smartphone with a working camera and microphone;
- An internet connection; [visit this webpage to learn how to join a Zoom class](#);
- A private space while attending the class.

For more information about Better Choices, Better Health® visit
ahs.ca/bcbh

