



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

In Person Workshop Schedule

These free in person 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.

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

