



Better Choices, Better Health®

Chronic Disease – Balancing Work and Life

Virtual Workshop Schedule

This free, interactive workshop is made up of twelve 1-hour sessions. Workshops run twice per week for six weeks and are hosted online over Zoom. Learn about:

- How to balance work and play while coping with a chronic condition.
- Healthy sleep habits.
- Being physically active with a health condition.
- Healthy eating.
- How to communicate effectively both with yourself and others.
- Action planning, problem-solving, and decision-making strategies.
...and more.

Dates	Time	How to Register
October 13, 15, 20, 22, 27, 29 November 3, 5, 10, 12, 17 & 19	Tuesdays and Thursdays 12:00 p.m. – 1:00 p.m.	Call 1-844-527-1160 or Register Online

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

