



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. This workshop is about how to handle work and life when you have a long-term (chronic) health problem. It can also help people who have chronic fatigue or have chronic pain. You will get tips to help you enjoy life while managing your health.

You will learn about:

- How to balance work and life when you are not feeling your best
- Healthy sleep habits.
- Being physically active with a chronic condition.
- Healthy eating.
- How to communicate effectively both with yourself and others.
- Action planning, problem-solving, and decision-making strategies.
...and more.

These workshops are hosted over Zoom, and they run twice per week for six weeks. Each session lasts one hour.

Dates	Time	How to Register
October 28, 30, November 4, 6, 18, 20, 25, 27, December 2, 4, 9 & 11	Tuesdays/Thursdays Noon – 1:00 p.m.	Call 1-844-527-1160 or Register Online

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

