



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.

Location	Dates	Time	How to Register
Calgary Chinese Elderly Citizens' Association (111 Riverfront Ave SW) *NOTE: This workshop is being offered in Cantonese*	Tuesdays May 14, 21, 28, June 4, 11 & 18	10:00 a.m. – 12:30 p.m.	Call 1-844-527-1160 or Register Online
East Calgary Health Centre (4715 8 Ave SE)	Wednesdays June 19, 26, July 3, 10, 17 & 24	1:30 p.m. – 4:00 p.m.	Call 1-844-527-1160 or Register Online
Chinook Regional Hospital Lethbridge	Tuesdays Sept 17, 24, Oct 1, 8, 15, & 22	1:00 p.m. – 3:30 p.m.	Call 403-529-8969 or Toll free 1-866-795-9709

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

