



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 |
|--|-----------------------------------|----------------------------------|---|
| Montgomery Community Association (Calgary) | May 26, June 2, 9, 16, 23 & 30 | Mondays 1:00 p.m. - 3:30 p.m. | Call 1-844-527-1160 or Register Online |

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

