



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

Online Workshop Schedule

These free online 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.

Dates	Time	How to Register
May 8, 15, 22, 29, June 5, 12	1:30 p.m. – 4:00 p.m.	Call 1-877-349-5711 or Register Online
Nov 12, 19, 26, Dec 3, 10, & 17	6:00 p.m. – 8:30 p.m.	Call 403-529-8969 or Toll free 1-866-795-9709

Online classes are on Zoom and participants should have access to:

- A computer, tablet, or smartphone with a working camera and microphone;
- An internet connection; [visit this webpage to learn how to join a Zoom class](#);
- A private space while attending the class.

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

