



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
January 9, 16, 23, 30 February 16 & 23	Thursdays 1:00 – 3:30 p.m.	Call 1-877-314- 6997 or Register Online
January 15, 22, 29, February 5, 12 & 19	Wednesdays 1:00 p.m. - 3:30 p.m.	Call 1-844-527-1160 or Register Online
February 4, 11, 18, 25, March 4, & 11	Tuesdays 6:00 p.m. - 8:30 p.m.	Call 825-404-7460 (press 3) or Register Online
February 5, 12, 19, 26, March 5, & 12 *Long Covid, Multiple Sclerosis & Chronic Fatigue Syndrome edition	Wednesdays 10:00 a.m. - 12:00 p.m.	Call 825-404-7460 (press 3) or Register Online
February 25, March 4, 11, 18, 25, & April 1	Tuesdays 9:30 a.m. - 12:00 p.m.	Call 1-877-349-5711 Register Online
February 27, March 6, 13, 20, 27 & April 3 *Weight management edition	Thursdays 6:00 p.m. - 8:30 p.m.	Call 1-844-527-1160 or Register Online
March 4, 11, 18, 25, April 1 & 8	Tuesdays 1:00 p.m. - 3:30 p.m.	Call 1-844-527-1160 or Register Online

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

