



Better Choices, Better Health®

Chronic Disease Self-Management Program

Upcoming Workshops

These free workshops consist of six 2 ½ hour sessions for those 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	Days & Times	Registration Method
Virtual (Zoom)	Jan 12, 19, 26, Feb 2, 9 & 16	Thursdays 10 am – 12:30 pm	Calgary Zone Call 1-844-527-1160 or Register Here
Virtual (Zoom)	Jan 24, 31, Feb 7, 14, 21 & 28	Tuesdays 12:30 – 3:00pm	North Zone Register Here
Virtual (Zoom)	Mar 1, 8, 15, 22, 29 & Apr 5	Wednesdays 6 pm – 8:30 pm	Calgary Zone Call 1-844-527-1160 or Register Here
Virtual (Zoom)	Mar 1, 8, 15, 22, March 29 & April 5	Wednesdays 9:30am – 12:00pm	South Zone Call 1866-795-9709 To register

Online workshops will take place using the platform Zoom (www.zoom.us). Interested participants should have access to the following:

- a working device (computer, tablet, smartphone) equipped with a camera and microphone
- access to the internet
- a private space while attending the workshop

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

