



Better Choices, Better Health®

Chronic Pain 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
South Calgary Health Centre 31 Sunpark Plaza SE	Tuesdays April 16, 23, 30, May 7, 14 & 21	1:00 p.m. – 3:30 p.m.	Call 1-844-527-1160 or Register Online
Diversecities 1406 Centre St N *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 *Note: This workshop is being offered in Tagalog	Thursdays May 16, 23, 30, June 6, 13 & 20	1:00 p.m. – 3:30 p.m.	Call 1-844-527-1160 or Register Online
East Calgary Health Centre 4715 8 Ave SE	Thursdays May 23, 30, June 6, 13, 20 & 27	1:30 p.m. – 4:00 p.m.	Call 1-844-527-1160 or Register Online
Cochrane Community Health Centre 60 Grande Blvd	Tuesdays June 11, 18, 25, July 2, 9 & 16	1:30 p.m. – 4:00 p.m.	Call 1-844-527-1160 or Register Online
Medicine Hat RHPC	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

