



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
East Edmonton Health Center (7910 112 Ave NW, Edmonton)	March 4, 11, 18, 25, April 1 & 8	Tuesdays 9:30 a.m. - 12:00 p.m.	Call 825-404-7460 (press 3) or Register Online
Montgomery Community Association (5003 16 Ave NW, Calgary)	March 10, 17, 23, 31, April 7 & 14	Mondays 10:00 a.m. - 12:30 p.m.	Call 1-844-527-1160 or Register Online

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

