



# Better Choices, Better Health®

## Chronic Pain 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
April 2, 9, 16, 23, 30, & May 7	6:00 p.m. – 8:30 p.m.	Call 877-349-5711 or <a href="#">Register Online</a>
April 2, 9, 16, 23, 30 & May 7	1:30 p.m. – 4:00 p.m.	Call 825-404-7460 (press 3) or <a href="#">Register Online</a>
April 8, 15, 22, 29, May 6 & 13	6:00 p.m. - 8:30 p.m.	Call 1-844-527-1160 or <a href="#">Register Online</a>
April 11, 18, 25, May 2, 9 & 16	6:00 p.m. – 8:30 p.m.	Call 825-404-7460 (press 3) or <a href="#">Register Online</a>
April 16, 23, 29, May 7, 14, & 21	1:00 p.m. - 3:30 p.m.	Call 1-844-527-1160 or <a href="#">Register Online</a>
June 13, 20, 27, July 4, 11, & 18	6:00 p.m. – 8:30 p.m.	Call 1-877-349-5711 or <a href="#">Register Online</a>
Nov 13, 20, 27, Dec 4, 11, & 18	1:00 p.m. – 3:30pm	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](https://ahs.ca/bcbh)

