



# 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
January 4, 11, 18, 25, February 1 & 8	Saturdays 10:00 a.m. - 12:30 p.m.	Call 1-844-527-1160 or <a href="#">Register Online</a>
January 7, 14, 21, 28, February 4 & 11	Tuesdays 1:00 p.m. - 3:30 p.m.	Call 1-844-527-1160 or <a href="#">Register Online</a>
January 9, 16, 23, 30, February 6, & 13	Thursdays 6:00 p.m. - 8:30 p.m.	Call 825-404-7460 (press 3) or <a href="#">Register Online</a>
January 15, 22, 29, February 5, 12 & 19	Wednesdays 6:00 p.m. - 8:30 p.m.	Call 1-877-349-5711 <a href="#">Register Online</a>
January 23, 30, February 6, 13, 20 & 27	Thursdays 10:00 a.m. - 12:30 p.m.	Call 1-844-527-1160 or <a href="#">Register Online</a>
January 28, February 4, 11, 18, 25, & March 4	Tuesdays 10:00 a.m. - 12:30 p.m.	Call 825-404-7460 (press 3) or <a href="#">Register Online</a>
January 29 February 5, 12, 19, 26 March 5	Wednesdays 1:00 – 3:30 p.m.	Call 1-877-314-6997 or <a href="#">Register Online</a>
February 6, 13, 20, 27, March 6 & 13	Thursdays 1:30 p.m. - 4:00 p.m.	Call 1-844-527-1160 or <a href="#">Register Online</a>
February 6, 13, 20, 27, March 6 & 13	Thursdays 1:30 p.m. - 4:00 p.m.	Call 1-877-349-5711 <a href="#">Register Online</a>
February 12, 19, 26, March 5, 12, & 19	Wednesdays 1:00 p.m. - 3:30 p.m.	Call 825-404-7460 (press 3) or <a href="#">Register Online</a>
February 20, 27, March 6, 13, 20, & 27	Thursdays 6:00 p.m. - 8:30 p.m.	Call 825-404-7460 (press 3) or <a href="#">Register Online</a>
February 24, March 3, 10, 17, 24 & 31	Mondays 1:30 p.m. - 4:00 p.m.	Call 1-844-527-1160 or <a href="#">Register Online</a>



## Online Workshop Schedule

March 12, 19, 26, April 2, 9, & 16	Wednesdays 6:00 p.m. - 8:30 p.m.	Call 825-404-7460 (press 3) or <a href="#">Register Online</a>
March 14, 21, 28, April 4, 11 & 25 <b>*Note: This class does not run on Good Friday (April 18)</b>	Fridays 9:30 a.m. - noon	Call 1-844-527-1160 or <a href="#">Register Online</a>
March 20, 27, April 3, 10, 17, & 24	Thursdays 1:30 p.m. - 4:00 p.m.	Call 825-404-7460 (press 3) or <a href="#">Register Online</a>

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)**

