



# 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
March 4, 11, 18, 25, April 1 & 8	Tuesdays 1:00 p.m. - 3:30 p.m.	Call 1-844-527-1160 or <a href="#">Register Online</a>
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 3, 11 & 25 <i>*Note: There are no workshops running on April 18 (Good Friday)</i>	Fridays 9:30 a.m. – 12:00 p.m.	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>
April 8, 15, 22, 29, May 6 & 13	Tuesdays 1:00 p.m. - 3:30 p.m.	Call 1-844-527-1160 or <a href="#">Register Online</a>
April 8, 15, 22, 29, May 6 & 13	Tuesdays 6:00 p.m. - 8:30 p.m.	Call 825-404-7460 (press 3) or <a href="#">Register Online</a>
April 16, 23, 30 May 7, 14, & 21	Wednesdays 10:00 a.m. - 12:30 p.m.	Call 825-404-7460 (press 3) or <a href="#">Register Online</a>
April 16, 23, 30, May 7, 14 & 21	Wednesdays 1:00 p.m. - 3:30 p.m.	Call 1-844-527-1160 or <a href="#">Register Online</a>
April 23, 30, May 7, 14, 21 & 28	Wednesdays 9:30 a.m. – 12:00 p.m.	Call 1-844-527-1160 or <a href="#">Register Online</a>
May 6, 13, 20, 27, June 3 & 10	Tuesdays 1:00 p.m. – 3:30 p.m.	Call 1.877.314.6997 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)

