



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 7, 14, 21, 28, May 5 & 12	Tuesdays 1:00 p.m. – 3:30 p.m.	Call 866-795-9709
April 8, 15, 22, 29, May 6 & 13	Wednesdays 6:00 p.m. – 8:30 p.m.	Call 825-404-7460 or Register Online
April 9, 16, 23, 30, May 7 & 14	Thursdays 1:00 p.m. – 3:30 p.m.	Call 1-844-527-1160 or Register Online
April 21, 28, May 5, 12, 19 & 26	Tuesdays 1:00 p.m. – 3:30 p.m.	Call 825-404-7460 or Register Online
May 1, 8, 15, 22, 29 & June 5	Fridays 10:00 a.m. – 12:30 p.m.	Call 825-404-7460 or Register Online
May 7, 14, 21, 28 June 4 & 11	Thursdays 9:00 a.m. – 11:30 a.m.	Call 1-877-314-6997 or Register Online
May 13, 20, 27, June 3, 10 & 17	Wednesdays 6:00 p.m. – 8:30 p.m.	Call 825-404-7460 or Register Online
May 20, 27, June 3, 10, 17 & 24	Wednesdays 10:00 a.m. – 12:30 p.m.	Call 1-844-527-1160 or Register Online
June 1, 8, 15, 22, 29 & July 6	Mondays 6:00 p.m. – 8:30 p.m.	Call 825-404-7460 or Register Online
June 18, 25, July 2, 9, 16 & 23	Thursdays 1:00 p.m. – 3:30 p.m.	Call 825-404-7460 or Register Online

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

