



Better Choices, Better Health®

Chronic Pain Self-Management Program

Upcoming Workshops

These free workshops consist of six 2 ½ hour sessions for those who have chronic pain. Participants will increase their confidence and learn new skills to better manage their chronic pain in order to enjoy a better quality of life. Support persons are also welcome to register and attend.

Location	Dates	Days & Times	Registration Method
Cochrane Community Health Centre	April 4, 11, 18, 25, May 2 & 9	Tuesday 10:00 am – 12:30 pm	Calgary Zone Call 1-844-527-1160 or Register Online
East Calgary Health Centre	April 8, 15, 22, 29, May 6 & 13	Saturday 10:00 am – 12:30 pm	Calgary Zone Call 1-844-527-1160 or Register Online
Crowfoot Library	April 10, 17, 24, May 1, 8 & 15	Monday 1:00 – 3:30 pm	Calgary Zone Register through the Calgary Public Library .
Virtual (Zoom)	April 12, 19, 26, May 3, 10, & 17	Wednesdays 9:30 am- noon	Edmonton Zone Call 1-825-404-7460 (press 3)
Virtual (Zoom)	April 13, 20, 27, May 4, 11 & 18	Thursday 10:00 am – 12:30 pm	Calgary Zone Call 1-844-527-1160 or Register Online
Virtual (Zoom)	April 18, 25, May 2, 9, 16 & 23	Tuesday 1:00 – 3:30 pm	Calgary Zone Call 1-844-527-1160 or Register Online
Virtual (Zoom)	May 1, 8, 15, 29, June 5 & 12	Monday 1:00 – 3:30 pm	Central Zone Call 1-877-314-6997
Virtual (Zoom)	May 2, 9, 16, 23, 30 & June 6	Tuesday 6:00 pm – 8:30 pm	South Zone Call 1-866-795-9709
Virtual (Zoom)	May 3, 10, 17, 24, 31 & June 7	Tuesdays 1 p.m. – 3:30 p.m.	South Zone 1-866-795-9709

Online workshops will take place using the platform Zoom (www.zoom.us). Interested participants should have access to the following:

- a working device (computer, tablet, smartphone) equipped with a camera and microphone
- access to the internet
- a private space while attending the workshop

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





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Location	Dates	Days & Times	Registration Method
Virtual (Zoom)	May 5, 12, 19, 26 June 2 & 9	Thursdays 6:00 pm – 8:30 pm	North Zone Registration Link
Virtual (Zoom)	May 6, 13, 20, 27, June 3 & 10	Fridays 9:30 a.m. – noon	Calgary Zone Call 1-844-527-1160 or register online
South Calgary Health Centre	May 9, 16, 23, 30, June 6 & 13	Tuesday 1:30 – 4:00 pm	Calgary Zone Call 1-844-527-1160 or Register Online
Virtual (Zoom)	May 9, 16, 23, 30 June 6, & 13	Tuesdays 6:00 pm-8:30 pm	Edmonton Zone Call 1-825-404-7460 (press 3)
Brooks Hospital	May 17, 24, 31, June 7, 14 & 21	Wednesday 9:30 am – 12:00 pm	South Zone Call 1-866-795-9709
Virtual (Zoom)	May 17, 24, 31, June 7, 14 & 21	Tuesdays 1 p.m. – 3:30 p.m.	Calgary Zone Call 1-844-527-1160 or register online
Virtual (Zoom)	May 18, 25, June 1, 8, 15 & 22	Thursdays 1:30 pm -4:00 pm	Edmonton Zone Call 1-825-404-7460 (press 3)
Virtual (Zoom)	May 26, June 2, 9, 16 & 23	Mondays 1 p.m. – 3:30 p.m.	Calgary Zone Call 1-844-527-1160 or register online
Virtual (Zoom)	June 1, 8, 15, 22, 29 & July 6	Thursdays 9:30-12:00pm	Edmonton Zone Call 1-825-404-7460 (press 3)
Virtual (Zoom)	June 6, 13, 20, 27, July 4 & 11	Mondays 1 p.m. – 3:30 p.m.	Calgary Zone Call 1-844-527-1160 or register online
Virtual (Zoom)	June 7, 14, 21, 28, July 5 & 12	Wednesdays 6:00 pm-8:30 pm	Edmonton Zone Call 1-825-404-7460 (press 3)

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