



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
Virtual (Zoom)	Jan 9, 16, 23, 30, Feb 6 & 13	Monday 1 pm – 3:30 pm	Calgary Zone Call 1-844-527-1160 or Register Here
Virtual (Zoom)	Jan 9, 16, 23, 30, Feb 6 & 13	Monday 1:30 pm – 4:00 pm	Edmonton Zone Call 1-825-404-7460 Press 3
Virtual (Zoom)	Jan 11,18,25 Feb 1,8,15	Wednesday 1:00 – 3:30 pm	Central Zone Call 1-877-314-6997
Virtual (Zoom)	Jan 18, 25, Feb 1, 8, 15 & 22	Wednesday 1 pm – 3:30 pm	Calgary Zone Call 1-844-527-1160 or Register Here
Virtual (Zoom)	Jan 18, 25, Feb 1, 8, Feb 15 & 22	Wednesday 5:30 – 8:00pm	South Zone Call 1-866-795-9709 To register
Virtual (Zoom)	Jan 18, 25, Feb 1, 8, Feb 15 & 22	Wednesday 6:00 – 8:30pm	North Zone Register Here Or Call 1-877-349-5711
Virtual (Zoom)	Jan 19, 26 Feb 2, 9, 16, 23	Thursday 9:30 am – 12:00 pm	Edmonton Zone Call 1-825-404-7460 Press 3
Virtual (Zoom)	Feb 1, 8, 15, 22, Mar 1 & 8	Wednesday 10 am – 12:30 pm	Calgary Zone Call 1-844-527-1160 or Register Here
Virtual (Zoom)	Feb 7, 14, 21, 28 Mar 7, 14	Tuesday 9:30 am – 12:00 pm	Edmonton Zone Call 825-404-7460 Press 3
Virtual (Zoom)	Feb 14, 21, 28, Mar 7 14 & 21	Tuesday 10 am – 12:30 pm	Calgary Zone Call 1-844-527-1160 or Register Here
Virtual (Zoom)	Feb 15, 22 Mar 1, 8, 15, 22	Wednesday 6:00 – 8:30pm	Edmonton Zone Call 825-404-7460 Press 3

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

