

January 11, 2021

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Program supports Albertans to live well with chronic pain and long-term health conditions

Free six-week series of virtual workshops start February 2021

EDMONTON ZONE – Albertans living with chronic disease(s) and chronic pain have an opportunity to join a free Alberta Health Services workshop designed to help them take control of their health.

Better Choices, Better Health® is a six-week series of workshops designed to support Albertans living with ongoing health conditions, such as chronic pain, fibromyalgia, arthritis, insomnia, diabetes, heart disease, high blood pressure, obesity, mental health concerns and others. These workshops are one of many services provided by the Alberta Healthy Living Program, which supports chronic disease management programming throughout the province.

The Better Choices, Better Health® workshop sessions are led by trained volunteer leaders, many of whom live with a chronic health condition. This approach ensures an understanding of the challenges participants face and provides a supportive and welcoming environment.

Because those living with chronic pain and long-term health conditions are often faced with the same day-to-day challenges, Better Choices, Better Health® focuses on teaching tools and techniques common to all chronic conditions rather than any one specific disease or condition.

Topics include:

- Solving problems and setting goals.
- Handling pain and fatigue.
- Managing medication.
- Dealing with difficult emotions.
- Eating healthy and increasing activity.
- Communicating with health-care providers.

Virtual workshops start February 2021 using the online platform Zoom (www.zoom.us). Workshops are scheduled to accommodate a range of participant availabilities. Please visit <https://albertahealthservices.ca/news/Page15425.aspx> for more information, and email selfmanagement@ahs.ca or call 780-735-1080 to register as spots are limited.

Interested participants should have access to a working device (computer, tablet, or smartphone) equipped with a camera and microphone, the internet, and a private space while attending the workshop.

Alberta Health Services is the provincial health authority responsible for planning and delivering health supports and services for more than four million adults and children living in Alberta. Its mission is to provide a patient-focused, quality health system that is accessible and sustainable for all Albertans.

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