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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 March 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.

Participants will learn:

- Techniques to control pain
- Tips for healthy eating and becoming more active
- Strategies for talking with the health care team
- Methods for dealing with difficult emotions
- Options for making everyday tasks easier
- Ways to take care of themselves to enjoy a better quality of life

Read what a past participant says: <https://albertahealthservices.ca/news/Page15425.aspx>

Virtual workshops start March 2021 using the online platform Zoom (www.zoom.us). Workshops are scheduled to accommodate a range of participant availabilities. Email selfmanagement@ahs.ca or call 780-735-1080 to register as spots are limited.

Interested participants should have access to a device (computer, tablet, or smartphone) that connects to the internet, and has both a camera and microphone.

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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