

October 19, 2023

Chronic pain self-management program offered in Brooks

BROOKS – Local and area residents living with chronic pain symptoms or supporting someone with a long-term health condition(s) have an opportunity to join a free Alberta Health Services (AHS) in-person 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 explore ways to manage their health. The workshop will run for six consecutive Wednesdays starting Oct. 25 from 1 p.m. to 3:30 p.m. at the Brooks Health Centre, 440 3 St. E. Residents can register by calling 403-793-6659.

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 ongoing 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.

Participants will learn:

- Techniques to manage their symptoms.
- Tips for healthy eating and becoming more active.
- Strategies for talking with the healthcare 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.

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. Our mission is to provide a patient-focused, quality health system that is accessible and sustainable for all Albertans. Our current focus is on reducing emergency department wait-times, improving EMS response times, increasing access to surgeries, and improving patient flow.

- 30 -

For media inquiries, contact:

Jennifer Vanderlaan
AHS Communications
403-715-5518
Jennifer.vanderlaan@ahs.ca