

December 13, 2023

Register for virtual chronic pain management workshop

EDMONTON — Albertans living with chronic pain symptoms or support someone with a long-term health condition(s) have an opportunity to join a free Alberta Health Services (AHS) 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 and explore ways to manage their health.

The 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.

There are several dates and times to choose from to fit most schedules. All workshops run for six weeks.

Virtual via Zoom

- Wednesdays starting Jan. 17, 9:30 a.m. – 12:00 p.m.
- Thursdays starting Jan. 25, 1:30 p.m. – 4:00 p.m.
- Tuesdays starting Feb. 6, 9:30 a.m. – 12:00 p.m.
- Thursdays starting Feb. 15, 6:00 p.m. – 8:30 p.m.
- Fridays starting Feb. 16, 9:30 a.m. – 12:00 p.m.
- Thursdays starting Mar. 14, 9:30 a.m. – 12:00 p.m.
- Wednesdays starting Mar 20, 6:00 p.m. – 8:30 p.m.

In-person at East Edmonton Health Center

- Tuesdays starting Mar. 5, 1:30 p.m. – 4:00 p.m.

Spots are limited. To register call 825-404-7460 (press 3) or online at redcap.link/chronicpain

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

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

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.

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