

March 19, 2024

Chronic pain, disease management workshops available

LETHBRIDGE – Residents in Lethbridge and Medicine Hat who are living with chronic pain, chronic disease symptoms and/or supporting someone with a long-term health condition(s) are invited to join two free in-person workshops designed to help them take control of their health.

Better Choices, Better Health is a six-week series of workshops designed to support Albertans who are living with chronic pain and/or chronic health conditions, such as diabetes, high blood pressure, heart disease, arthritis, depression or weight management concerns.

- Workshops focusing on **chronic pain self-management** run from 1 p.m. to 3:30 p.m. on six consecutive Tuesdays starting April 2 at Chinook Regional Hospital in Lethbridge (960 19 St. S.)
- Workshops focusing on **chronic disease self-management** run from 1 p.m. to 3:30 p.m. on six consecutive Tuesdays starting April 2 at the River Heights Professional Centre in Medicine Hat (88 Valleyview Dr. S.W.)

Residents can register by calling 403-529-8969 or toll-free 1-866-795-9709.

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.

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