

April 30, 2025

Chronic disease management workshops available

LETHBRIDGE – Individuals living with chronic disease symptoms and/or supporting someone with a long-term health condition(s) are invited to join a free virtual 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 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 run over Zoom from 1 p.m. to 3:30 p.m. on six consecutive Tuesdays starting May 13. Residents can register by calling toll-free at 1-866-795-9709.

Better Choices, Better Health workshop sessions are led by trained volunteer leaders, many of whom live with a chronic pain 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 pain conditions. Participants will learn:

- Techniques to manage their symptoms.
- Tips for healthy eating and becoming more active.
- Strategies for talking with healthcare teams.
- Methods for dealing with difficult emotions.
- Options for making daily tasks easier.
- Ways to take care of themselves to enjoy a better quality of life.

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

Alberta Health Services provides a range of healthcare services for more than four million adults and children living in Alberta. Our mission is to provide excellent, patient-focused healthcare 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 -

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