



January 2, 2026

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 disease conditions explore ways to manage their health.

Workshops run from 1:30 p.m. to 4 p.m. on six consecutive Tuesdays starting January 13, 2026 over Zoom.

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 disease 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 disease 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 everyday 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.

Primary Care Alberta is a made-in-Alberta solution to improve access to the primary care services Albertans rely on.

By delivering coordinated services, Primary Care Alberta enables healthcare providers to do what they do best -- care for Albertans. We meet Albertans wherever they live, work, play and learn, promoting prevention, supporting lifelong health journeys, and serving as a vital entry point to a complex network of care.

Together, we are creating a future where compassionate, timely and effective healthcare is available to every Albertan at every stage of life.

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