



August 31, 2026

Chronic pain management workshops available

MEDICINE HAT – Individuals living with chronic pain 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 conditions explore ways to manage their health.

Workshops run from 1 p.m. to 3:30 p.m. on six consecutive Wednesdays starting September 23, 2026 at the Royal Canadian Legion (702 2 St SE) in Medicine Hat.

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 everyday tasks easier.
- Ways to take care of themselves to enjoy a better quality of life.

Care is a lifelong commitment for Primary Care Alberta. We plan, fund and support primary healthcare across the province, improving access to care providers and offering front-line services through Health Link 811 and public health teams. Throughout the health journey, we are by your side – managing, preventing and reducing illness. Along with our partners, we nurture the connections our communities need to thrive and strengthen the health of all Albertans.

Public Service Announcement

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