Primary Care Alberta

Public Service Announcement

October 23, 2026

Virtual chronic pain management workshop available to Southern Albertans

SOUTHERN ALBERTA – Southern Alberta residents with chronic pain are invited to join an upcoming virtual workshop series designed to help them take control of their health.

The Better Choices, Better Health® six-week series of workshops is designed to support individuals who are living with chronic pain conditions, as well as their family or loved ones, by exploring ways they can manage their pain and health.

The workshop series runs from 6 p.m. to 8 p.m. every Wednesday for six weeks, from October 28 to December 9. There will be no workshop on Remembrance Day. Residents can register by calling 1-866-795-9709.

Better Choices, Better Health® workshop sessions are led by trained volunteers, many who also live with a chronic pain condition. This lived-experience 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.

For more information on this and other Better Choices, Better Health® programs offered through Primary Care Alberta, visit primarycarealberta.ca/bcbh.

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.

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