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## Training available to lead AHS chronic disease workshops

SOUTH ZONE – Community volunteers are invited to learn how to facilitate a chronic disease workshop series throughout the South Zone of Alberta Health Services (AHS).

Better Choices, Better Health is a series of six weekly workshops designed to support Albertans living with ongoing health conditions, such as diabetes, heart disease, arthritis, high blood pressure, obesity, chronic pain, fibromyalgia, Crohn's disease, colitis, Celiac disease and mental health concerns.

The four-day training session is free and provided by accredited AHS health care professionals. In Lethbridge and area, training is scheduled for May 5, 6, 8 and 9 from 9 a.m. to 4 p.m. at the Alberta Healthy Living Program Office, 424 5 St. S. Call 403-388-6685 to apply for training. In Medicine Hat and area, training is scheduled for May 22, 23, 28 and 29 from 9 a.m. to 4 p.m. at Medicine Hat Regional Hospital, 666 5 St. S.W. Call 403-502-8648 ext. 1789 or toll-free at 1-866-795-9709 to apply for training.

Volunteers are needed to lead workshops in Bow Island, Brooks, Lethbridge, Medicine Hat and Oyen. Interested volunteers must pre-register and will be assessed for suitability. Volunteers accepted into the training program will learn how to help people:

- Solve problems and set goals.
- Handle pain and fatigue.
- Manage medication.
- Deal with difficult emotions.
- Eat healthy and increase activity.
- Communicate with health care providers.

Suni Arinobu is now leading the workshops after being trained last year. "I enjoy the best of both worlds – I learn something new every time I facilitate a workshop and I get to help others," Arinobu says.

Better Choices, Better Health workshops are one of many services provided by the Alberta Healthy Living Program, which supports chronic disease management programming throughout the province.

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. Its mission is to provide a patient-focused, quality health system that is accessible and sustainable for all Albertans.

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