



Better Choices, Better Health®

Chronic Disease Self-Management Program

Upcoming Workshops Calgary Zone

These free workshops consist of six 2 ½ hour sessions for those who have a chronic condition(s). Participants will increase their confidence and learn new skills to better manage their health condition(s) in order to enjoy a better quality of life. Support persons are also welcome to register and attend.

Workshop Type	Location	2018 Dates	Days & Times
Chronic Pain Self-Management	Nanton Public Library (Thelma Fanning)	Oct. 2, 9, 16, 23, 30 and Nov. 6, 2018	Tuesdays 1:00 – 3:30 p.m.
Chronic Pain Self-Management	South Calgary Health Centre	Oct. 4, 11, 18, 25, Nov. 1 and 8, 2018	Thursdays 1:00 – 3:30 p.m.
Chronic Pain Self-Management	Strathmore Municipal Library	Oct. 4, 11, 25, Nov. 1, 8 and 15, 2018	Thursdays 1:00 – 3:30 p.m.
Chronic Pain Self-Management	Mosaic PCN	Oct. 15, 22, 29, Nov. 5, 19 and 26, 2018	Mondays 1:00 – 3:30 p.m.
Chronic Pain Self-Management	Claresholm General Hospital	Oct. 24, 31, Nov. 7, 14, 21 and 28, 2018	Wednesdays 1:00 – 3:30 p.m.
Chronic Pain Self-Management	South Health Campus	Oct. 24, 31, Nov. 7, 14, 21 and 28, 2018	Wednesdays 1:00 – 3:30 p.m.
Chronic Pain Self-Management	Vecova	Oct. 25, Nov. 1, 8, 15, 22 and 29, 2018	Thursdays 1:00 – 3:30 p.m.

For more information about Better Choices, Better Health® or to register for a workshop:
call: 403-943-2584 or

register online: <https://app.booking.ca/ahlp Calgarypub/index.asp>

or visit www.albertahealthservices.ca/bcbh.asp

