



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	2019 Dates	Days & Times
Chronic Pain Self-Management	South Health Campus	Oct 8, 15, 22, 23, Nov 5 and 12, 2019	Tuesdays 1:30 – 4:00 pm
Chronic Pain Self-Management	CCECA - Cantonese	Oct 9, 16, 23, 30, Nov 6 and 13, 2019	Wednesdays 9:30am – 12:00 pm
Chronic Disease Self-Management	Calgary Jewish Community Centre	Oct 16, 23, 30, Nov 6, 13 and 20 2019	Wednesdays 1:00 – 3:30 pm
Chronic Pain Self-Management	Airdrie Highland PCN	Oct 21, 28, Nov 4, 18, 25 and Dec 2, 2019	Mondays 1:00 – 3:30 pm
Chronic Pain Self-Management	Vecova Recreation	Nov 5, 12, 19, 26 and Dec 3 and 10, 2019	Tuesdays 1:00 – 3:30 pm
Chronic Disease Self-Management	South Calgary Health Centre	Nov 8, 15, 22, 29 and Dec 6 and 13, 2019	Fridays 1:00 – 3:30 pm

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

