



# Better Choices, Better Health®

## Self-Management Program

### Upcoming Workshops Central 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 attend.

Workshop Type	Location	2022 Dates	Day & Time
Chronic Disease	ZOOM	February 1, 8, 15, 22 March 1, 8	Tuesdays 1:00 – 3:30 pm
Chronic Disease	ZOOM	April 5, 12, 19, 26 May 3, 10	Tuesdays 9:00 -11:30 am
Chronic Disease	ZOOM	April 28 May 5, 12, 19, 26 June 2	Thursdays 1:00 -3:30 pm
Chronic Disease	ZOOM	May 25 June 1, 8, 15, 22, 29	Wednesdays 1:00 – 3:30 pm

All workshops will take place virtually using the online platform Zoom ([www.zoom.us](http://www.zoom.us)).

Interested participants should have access to the following:

- a working device (computer, tablet, smartphone) equipped with a camera and microphone
- access to the internet
- a private space while attending the workshop

For more information about Better Choices, Better Health® or to register for a workshop in the Central Zone call: 1-877-314-6997  
or visit [www.ahs.ca/bcbh](http://www.ahs.ca/bcbh)

