



# 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 register and attend.

Workshop Type	Location	2018 Dates	Days & Times
Chronic Disease Self Management	Olds Olds Library Lions Den	September 29 - November 9	Fridays 9:30 am – 12 pm
Chronic Disease Self Management	Drayton Valley Health Care Centre Wildrose Room	October 3 – November 7	Wednesdays 1 – 3:30 pm
Chronic Disease Self Management	Viking Viking Carena Louis Sutter Room	October 10 – November 14	Wednesdays 1 – 3:30 pm
Chronic Disease Self Management	Rocky Mountain House Rocky PCN Conference Room	October 18 – November 22	Thursdays 9:30 am – 12 pm
Chronic Disease Self Management	Stetter Stettler Hospital Medical Staff Rm	October 18 – November 22	Thursdays 9:30 am – 12 pm
Chronic Disease Self Management	Alix Alix Ripley Community Hall	October 22 – November 28	Mondays 1:00 -3:30 pm
Chronic Disease Self Management	Drumheller Drumheller Health Centre	October 29 – December 10	Mondays 9:30 am – 12 pm
Chronic Disease Self Management	Wetaskawin Community Health Centre	October 29 – December 10	Mondays 9:30 am – 12 pm

For more information about Better Choices, Better Health® or to register for a workshop call:  
1-877-314-6997

or visit [www.albertahealthservices.ca/bcbh.asp](http://www.albertahealthservices.ca/bcbh.asp)

