



Better Choices, Better Health®

Self-Management Program

Upcoming Workshops Edmonton 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	2021 Dates	Day & Time
Chronic Pain	ZOOM	October 18, 25 November 1, 8, 15, 22	Mondays, 6pm – 830pm
Chronic Pain	ZOOM	November 9, 16, 23, 30 December 7, 14	Tuesdays, 130pm – 4pm
Long COVID & Chronic Disease	ZOOM	October 26 November 2, 9, 16, 23, 30	Tuesdays, 930am – 12pm
Long COVID & Chronic Disease	ZOOM	November 18, 25 December 2, 9, 16, 23	Thursdays, 130pm – 4pm

All workshops will take place virtually using the online platform Zoom (www.zoom.us).

Interested participants should have access to the following:

- a working device (eg. computer, tablet, or 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 Edmonton and Area, call: 825-404-7460 (press 3) or visit <http://www.albertahealthservices.ca/bcbh>

