



# Better Choices, Better Health®

## Chronic Disease 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	2018 Dates	Days & Times
Chronic Pain	Edmonton Public Library – Highlands 6710 118 Ave NW	November 1, 8, 15, 22, 29, December 6	Thursday 6:00pm – 8:30pm
Chronic Pain	Leduc Community Health Centre 4219 50 St. Leduc	November 5, 19, 26, December 3, 10, 17	Monday 1:30pm – 4:00pm
Chronic Pain	Edmonton Public Library – Jasper Place 9010 156 St. NW	November 5, 19, 26, December 3, 10, 17	Monday 6:00pm – 8:30pm

For more information about Better Choices, Better Health® or to register for a workshop in Edmonton and Area call: 780-401-BOOK (2665) or visit [www.albertahealthservices.ca/bcbh.asp](http://www.albertahealthservices.ca/bcbh.asp)

