

Better Choices Better Health®

Chronic Disease Self-Management Workshops

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	Dates	Days & Times
Chronic Pain	East Edmonton Health Centre (Cromdale) 7910 112 Ave NW	February 16, 23 March 2, 9, 16 & 23	Friday 1:30 – 4:00 pm
Diabetes	East Edmonton Health Centre (Cromdale) 7910 112 Ave NW	February 20, 27 March 6, 13, 20 & 27	Tuesday 6:00 – 8:30 pm
Chronic Pain	East Edmonton Health Centre (Cromdale) 7910 112 Ave NW	February 21, 28 March 7, 14, 21 & 28	Wednesday 6:00 – 8:30 pm
Chronic Pain	Glenrose Rehabilitation Hospital 10230 111 Ave	March 5, 12, 19, 26 April 2 & 9	Monday 1:30 – 4:00 pm
Chronic Pain	Southside Primary Care Network 3110 Calgary Trail NW	March 6, 13, 20, 27 April 3 & 10	Tuesday 9:30 am – noon

For more information about Better Choices, Better Health® or to register for a workshop in Edmonton and Area call: 780-401-BOOK (2665)