



Better Choices, Better Health®

Self-Management Program

Upcoming Workshops North 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

Workshop Type	Location	2022 Dates	Day & Time
Chronic Pain	Zoom Register Here	February 23, March, 2, 9, 16, 23, 30	Wednesday Afternoons 1:30 – 4:00pm

When you click the link to complete the registration form, you understand that the personal information collected on this form is collected under the authority of section 33(c) of the Freedom of Information and Protection of Privacy Act for the purpose of administering the North Zone Healthy Living Program.

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 (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 call:
1-877-349-5711
or visit www.ahs.ca/bcbh

