



Better Choices, Better Health®

Chronic Disease 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 and attend.

Workshop Type	Location	2018 Dates	Days & Times
Chronic Disease Self-Management	Conference Room 2 Edson Healthcare Centre, 3837 6 Ave, Edson	October 29- December 10 (no session November 12th)	Mondays 1:00pm-3:30pm
Chronic Disease Self-Management	Public Library 4708 Lac St Anne Trail N, Onoway	October 31 – December 5	Wednesdays 9:30am-12:00pm
Chronic Disease Self-Management	Telehealth Room Whitecourt Healthcare Center 20 Sunset Blvd, Whitecourt	November 1- December 6	Thursdays 6:00pm-8:30pm
Chronic Disease Self-Management	Swan Hills Healthcare Center, Telehealth Room 29 Freeman Dr, Swan Hills	November 1- December 6	Thursdays 6:00pm-8:30pm
Chronic Disease Self-Management	Public Library, 10007 100 Ave Harvest Room, Westlock	November 1 – December 6	Thursdays 1:30pm-4:00pm
Chronic Disease Self-Management	2 nd Floor Boardroom, Powell Bld 10015 98 Street Peace River	November 6- December 11	Tuesdays 10:00am-12:30pm
Chronic Disease Self-Management	Boardroom, south hallway QE2 Hospital, 10409 98 Street Grande Prairie	November 7- December 12	Wednesdays 6:00pm-8:30pm
Chronic Disease Self-Management	Board Room, Friendship Centre 4711-50 Ave Bonnyville	November 7- December 12	Wednesdays 1:00pm-3:30pm
Chronic Disease Self-Management	South Side Board Room St. Paul Wellness Centre 4801 39 Street, St. Paul	November 8 – December 13	Thursdays 9:30am-12:00pm
Chronic Disease Self-Management	Barrhead Public Library 5103 53 Ave Barrhead	February 12 - March 19	Tuesdays from 5:30pm-8:00pm
Chronic Disease Self-Management	Slave Lake Lakeland Centre room 305A	November 7 - December 19th	Wednesdays 1:00pm-3:30pm

For more information about Better Choices, Better Health® or to register for a workshop call:
1-877-349-5711

or visit www.albertahealthservices.ca/bcbh.asp

