



# Better Choices, Better Health® - Online

## Self-Management Program

### Upcoming Workshops

These free workshops for those who have a chronic condition(s) are easy to follow and take place entirely online. You'll interact with about 25 others and trained volunteer leaders. Interactive sessions are posted each week for six weeks. You'll log on at your convenience two or three times a week for a total of about two hours a week. You will increase your confidence and learn new skills to better manage your health condition(s) in order to enjoy a better quality of life.

Once you enroll on the website and complete all of the steps to register you will be invited by email to join the next available workshop. You can send an email us if you prefer a specific workshop.



2019 Workshop Dates
January 7 – February 21
January 28 – March 14
February 4 – March 21

To register for a Better Choices, Better Health® - Online workshop, visit:

<https://betterchoicesbetterhealth.ca/online/>

For more information or to request a preferred workshop date, email:

[info@betterchoicesbetterhealth.ca](mailto:info@betterchoicesbetterhealth.ca)

