



Better Choices, Better Health®

Self-Management Program

Upcoming Workshops South 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	2019 Dates	Days & Times
Chronic Pain	Alberta Healthy Living 424 5 St S Lethbridge, AB	Jan 16, 23, 30, Feb 6, 13, 27 (no workshop Feb 20 th)	Wednesdays 1:00 – 3:30 pm
Chronic Disease	Alberta Healthy Living 424 5 St S Lethbridge, AB	March 13, 20, 27 April 3, 10, 17	Wednesdays 1:00 – 3:30 pm
Chronic Pain	Alberta Healthy Living 424 5 St S Lethbridge, AB	May 8, 15, 22, 29 June 5, 12	Wednesdays 1:00 – 3:30 pm

For more information about Better Choices, Better Health® or to register for a workshop call:
South East Zone: 403-529-8969 or Toll free 1-866-795-9709
South West Zone: 403-388-6654 or Toll free 1-866-506-6654
or visit www.albertahealthservices.ca/bcbh.asp

