



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	2022 Dates	Day & Time
Chronic Pain	ZOOM	Feb 16, Feb 23, March 2 March 9, March 16, March 23	Wednesdays 6:00 – 8:30pm
Chronic Disease	ZOOM	Mar 30, Apr 6, April 13, April 20, April 27, May 4	Wednesdays 9:30 am – 12:00
Chronic Pain	ZOOM (potential for in person in Medicine Hat if restrictions allow)	May 3, May 10, May 17, May 24, May 31, June 7	Tuesdays 1:00 – 3:45pm

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:
South Zone: Toll free 1-866-795-9709**

or visit www.albertahealthservices.ca/bcbh

