



Better Choices, Better Health®

Chronic Pain Self-Management Program – Virtual Workshop

Join us for the virtual **Better Choices, Better Health® - Chronic Pain Self-Management Program**.

You will learn:

- Techniques to control your pain and other symptoms
- Tips for healthy eating and becoming more active
- Strategies for talking with your health care team
- Methods for dealing with your difficult emotions
- Options for making your everyday tasks easier
- Ways to take care of yourself to enjoy a better quality of life

Read what a past participant says: <https://albertahealthservices.ca/news/Page15425.aspx>

HOW DO I TAKE PART?

This free virtual workshop takes place once a week for six weeks. We use the online platform Zoom (www.zoom.us). Support persons, family and friends are also welcome to register!

To Join: You need a device (e.g., computer, laptop, smartphone) that connects to the internet, and has a camera and a microphone. You will want a private space to attend the workshop.

More information can be found at: www.ahs.ca/bcbh

Upcoming Virtual Workshops:

Workshop Type	2023 Dates	Day	Time
Chronic Pain	January 9, 16, 23, 30 February 6, 13	Mondays	1:30pm – 4:00pm
Chronic Pain	January 19, 26 February 2, 9, 16, 23	Thursdays	9:30am - 12:00pm
Chronic Pain	February 7, 14, 21, 28 March 7, 14	Tuesdays	9:30am - 12:00pm
Chronic Pain	February 15, 22 March 1, 8, 15, 22	Wednesdays	6:00pm – 8:30pm
Chronic Pain	March 2, 9, 16, 23, 30 April 6	Thursdays	1:30pm – 4:00pm
Chronic Pain	March 14, 21, 28 April 4, 11, 18	Tuesdays	9:30am - 12:00pm

To register: call 825-404-7460 (press 3)