

BETTER CHOICES, BETTER HEALTH®

WHAT IS IT?

Better Choices, Better Health® (BCBH®) is a workshop for Albertans 18 years of age or older who have a long-term health condition, or support someone with a long-term health condition.

WHAT PARTICIPANTS WILL LEARN

Throughout the workshop, participants will learn how manage their day-to-day challenges living with long-term health conditions, including:

- Techniques for managing symptoms
- Tips for healthy eating and being more active
- Strategies for talking with the health care team
- Methods for dealing with difficult emotions
- Options for making everyday tasks easier
- Ways to enjoy a better quality of life

WHAT THE PROGRAM HAS TO OFFER

The BCBH® workshop is unique because it is peer-led. This means the facilitators are people who also have a long-term health condition or support someone with a health condition.

Participants have an opportunity to:

- learn from others who can relate to similar challenges
- give back to others by sharing lived experiences

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

WORKSHOP DETAILS

Join up to 12 participants who meet once a week for six weeks. Each weekly session is 2.5 hours. Workshops are held using the online platform Zoom, and are offered at different times of the day to accommodate a variety of schedules.

HOW TO REGISTER

Participants can self-refer or be referred to the workshop by a healthcare provider. Caregivers/family members/friends are also welcome to attend. Please call 825-404-7460 (press 3) to register.

For more information, please visit www.ahs.ca/bcbh or email selfmanagement@ahs.ca.

ADDITIONAL INFORMATION FOR HEALTHCARE PROVIDERS:

The BCBH® self-management program compliments clinical interactions by supporting patients to identify and better understand common factors that impact symptom management so they can better manage the physical, emotional and social impacts of their chronic conditions. BCBH® prepares patients for care planning conversations by providing them with tools and practical techniques that will strengthen decision making, communication, problem solving, and action planning skills.

BCBH® is an internationally recognized evidence-based self-management program originally developed by Stanford University. Albertans can access the program at no cost.