



Better Choices, Better Health®

Chronic Disease Self-Management Program

In Person Workshop Schedule

These free in person workshops consist of six 2 ½ hour sessions for Alberta adults (18+ years of age) 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.

Location	Dates	Time	How to Register
East Calgary Health Centre 4715 8 Ave SE	June 19, 26, July 3, 10, 17 & 24	Wednesdays 1:30 p.m. - 4 p.m.	Call 1-844-527-1160 or Register Online
Chinook Regional Hospital Lethbridge	September 17, 24, October 1, 8, 15 & 22	Tuesdays 1:00 p.m.– 3:30 p.m.	Call 403-529-8969 or Toll free 1-866-795-9709

For more information about Better Choices, Better Health® visit
ahs.ca/bcbh

