



Better Choices, Better Health® Chronic Pain Self-Management Program

Join us for the Better Choices, Better Health® - Virtual Chronic Pain Self-Management Workshop! This virtual **six-week peer-led interactive workshop** is an opportunity for those with chronic pain or those who support someone with chronic pain to connect with others and explore self-management tools. 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: albertahealthservices.ca/news/Page15425.aspx

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

Upcoming Virtual Workshop

Dates	Day	Time	Location
Sept 14 -Oct 19	Thursdays	1:30 pm-4:00 pm	Virtual on ZOOM

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