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Program helps residents live well with chronic pain

Free six-week workshop series begins Tuesday, Oct. 9 – call to register

EDMONTON – Local residents living with chronic pain have an opportunity to join a free Alberta Health Services (AHS) program designed to help them take control of their health and improve their quality of life.

Better Choices, Better Health is a six-week series of workshops designed to support Albertans living with chronic pain. These workshops are one of many services provided by the Alberta Healthy Living Program, which supports chronic disease management programming throughout the province.

The Better Choices, Better Health workshop sessions are led by trained volunteers, many of whom live with a chronic disease. This approach ensures an understanding of the challenges participants face and provides a supportive and welcoming environment.

Topics include:

- Solving problems and setting goals.
- Handling pain and fatigue.
- Managing medication.
- Dealing with difficult emotions.
- Eating healthy and increasing physical activity.
- Communicating with healthcare providers.

Workshops will be held consecutive Tuesdays from October 9 to November 13, 2018, between 6:00 p.m. to 8:30 p.m. at the Edmonton Public Library – Riverbend Branch (460 Riverbend Square). For more information or to register, please call 780-401-BOOK (2665).

Alberta Health Services is the provincial health authority responsible for planning and delivering health supports and services for more than four million adults and children living in Alberta. Its mission is to provide a patient-focused, quality health system that is accessible and sustainable for all Albertans.

- 30 -

For media inquiries, contact:

Sharman Hnatiuk
AHS Communications
780-613-8820