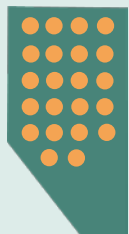
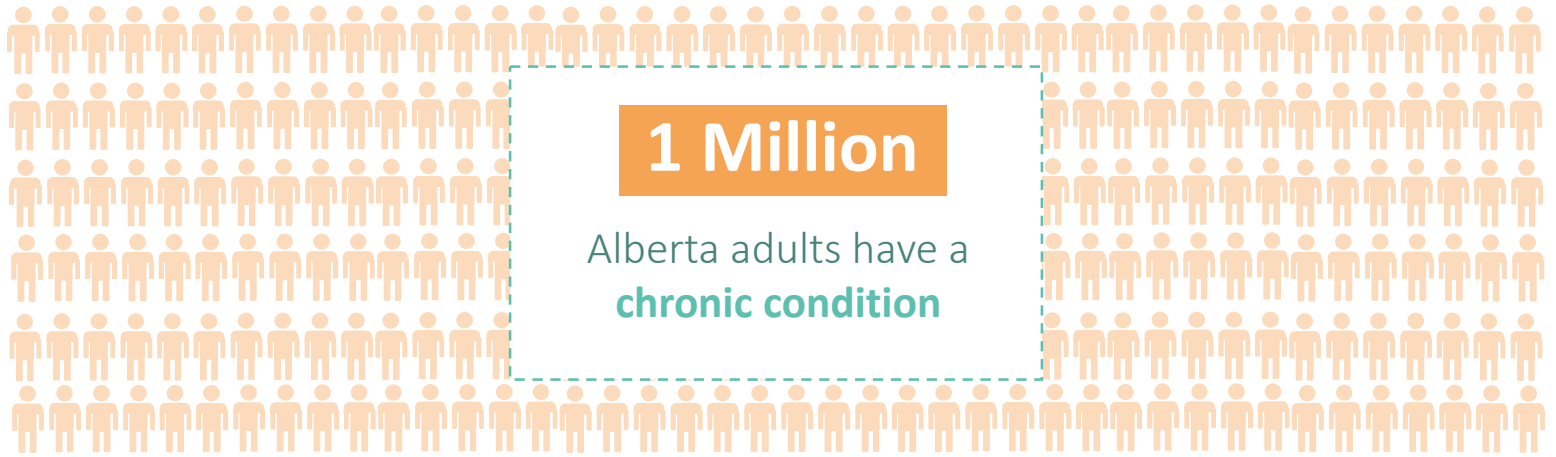


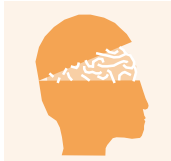
Better Choices, Better Health[®]

An Essential Alberta Self-Management Program for Adults with Chronic Disease

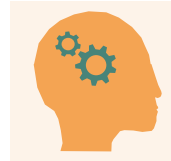


75%
of AB adults older than 65 years have a chronic condition

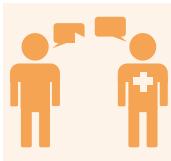
BCBH[®] provides participants with tools like:



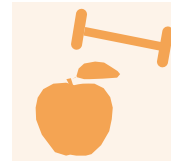
Dealing with Difficult Emotions
through distraction, better breathing and visualization techniques



Problem Solving
steps to help identify solutions



Communicating
with healthcare providers, family and friends



Action Planning
to achieve goals

The provincial evaluation surveyed **775** Albertans.

They showed significant health improvements:

Average participant:

- Female
- 57 years

Has lived with chronic condition for **6+** years



Increased self confidence



Feel healthier



New health behaviours

Most Albertans enroll after hearing from:



28%
Physicians



26%
Other health professionals

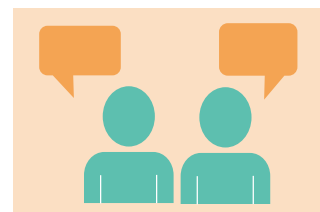


14%
Friends and family



14%
Internet or print ads

Albertans can enroll in BCBH[®] for free regardless of their chronic condition



In-person workshops

To Register:

Visit: www.ahs.ca/bcbh OR Call: 1-866-408-LINK (5465)

Since April 2015, about 4394 adults have enrolled in BCBH[®]