



Better Choices, Better Health®

Chronic Disease Self-Management Program

Online Workshop Schedule

These free online 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.

Dates	Time	How to Register
September 5, 12, 19, & 26 October 3, & 10	Thursdays 1:00 – 3:30 pm	Call 1-877-314-6997 Register Online
September 25 October 2, 9, 16, 23, & 30	6:00 p.m. – 8:30 p.m.	Call 1-877-349-5711 Register Online
September 17, & 24 October 1, 8, 15 & 17	Tuesdays 1:00 p.m. – 3:30 p.m.	Call 403-529-8969 or Toll free: 1-866-795-9709
October 2, 9, 16, 23, & 30 November 6	Wednesdays 6:00 p.m. - 8:30 p.m.	Call 825-404-7460 (press 3) Register Online
November 6, 13, 20, & 27 December 4 & 11	Wednesdays 9:00 – 11:30 a.m.	Call 1-877-314-6997 Register Online
November 13, 20, & 27 December 4, 11, & 18	Wednesdays 1:00 p.m. – 3:30 p.m.	Call 403-529-8969 or Toll free 1-866-795-9709

Online classes are on Zoom and participants should have access to:

- A computer, tablet, or smartphone with a working camera and microphone;
- An internet connection; [visit this webpage to learn how to join a Zoom class](#);
- A private space while attending the class.

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

