



# Better Choices, Better Health®

## Chronic Pain 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
August 8, 15, 22, & 29, September 5 & 12	Thursdays 9:30 a.m. - 12:00 p.m.	Call 825-404-7460 (press 3) <a href="#">Register Online</a>
August 13, 20, & 27 September 3, 10 & 17	Tuesdays 10:00 a.m. - 12:30 p.m.	Call 1-844-527-1160 or <a href="#">Register Online</a>
August 13, 20, & 27 September 3, 10 & 17	Tuesdays 1:30 p.m. - 4:00 p.m.	Call 825-404-7460 (press 3) <a href="#">Register Online</a>
August 21, & 28 September 4, 11, 18 & 25	Wednesdays 6:00 p.m. - 8:30 p.m.	Call 825-404-7460 (press 3) <a href="#">Register Online</a>
September 4, 11, 18, & 25 October 2 & 9	Wednesdays 1:00 p.m. - 3:30 p.m.	Call 1-844-527-1160 or <a href="#">Register Online</a>
September 6, 13, 20, & 27 October 4, & 11	Fridays 10:00 a.m. - 12:30 p.m.	Call 825-404-7460 (press 3) <a href="#">Register Online</a>
September 10, 17, & 24 October 1, 8 & 15	Tuesdays 6:00 p.m. - 8:30 p.m.	Call 825-404-7460 (press 3) <a href="#">Register Online</a>
September 17, & 24 October 1, 8, 15, & 22	Tuesdays 1:00 – 3:30 pm	Call 1.877.314.6997 or <a href="#">Register Online</a>
September 19, & 26 October 3, 10, 17, & 24	Thursdays 1:30 p.m. - 4:00 p.m.	Call 825-404-7460 (press 3) <a href="#">Register Online</a>
September 19, & 26 October 3, 10, 17, & 24	Thursdays 6:00 p.m. – 8:30 p.m.	Call 1-877-349-5711 <a href="#">Register Online</a>
September 24 October 1, 8, 15, 22 & 29	Tuesdays 1:00 p.m. - 3:30 p.m.	Call 1-844-527-1160 or <a href="#">Register Online</a>
October 3, 10, 17, 24, & 31 November 7	Thursdays 1:30 p.m. - 4:00 p.m.	Call 1-844-527-1160 or <a href="#">Register Online</a>
October 16, 23, & 30 November 6, 13 & 20	Wednesdays 1:30 p.m. - 4:00 p.m.	Call 1-844-527-1160 or <a href="#">Register Online</a>

October 16, 23, & 30 November 6, 13, & 20	Wednesdays 6:00 p.m. - 8:30 p.m.	Call 825-404-7460 (press 3) <a href="#">Register Online</a>
October 24, & 31 November 7, 14, 21, & 28	Thursdays 1:30 p.m. - 4:00 p.m.	Call 825-404-7460 (press 3) <a href="#">Register Online</a>
October 31 November 7, 14, 21 & 28 December 5	Thursdays 9:00 – 11:30 a.m.	Call 1.877.314.6997 Or <a href="#">Register Online</a>
November 12, 19, & 26 December 3, 10, & 17	Tuesdays 6:00 p.m. – 8:30 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](https://ahs.ca/bcbh)**

