



# Better Choices, Better Health®

## Chronic Disease Self-Management Program

### Upcoming Workshops

These free workshops consist of six 2 ½ hour sessions for those 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.

Location	Dates	Days & Times	Registration Method
Zoom	April 12, 19, 26, May 3, 10 & 17	Wednesday 1:00 – 3:30 pm	Central Zone Call 1-877-314-6997
Medicine Hat Library	April 19, 26, May 3, 10, 17 & 24	Wednesday 1:00 pm – 3:30 pm	South Zone Call 1-866-795-9709
East Calgary Health Centre	April 20, 27, May 4, 11, 18 & 25	Wednesday 1:00 – 3:30 pm	Calgary Zone Call 1-844-527-1160 or <a href="#">Register Online</a> <b>*This workshop is offered in Tagalog*</b>
Zoom	May 3, 10, 17, 24, 31 & June 7	Wednesday 6:00 – 8:30 pm	Calgary Zone Call 1-844-527-1160 or <a href="#">Register Online</a>
South Calgary Health Centre	May 10, 17, 24, 31, June 7 & 14	Wednesday 1:00 – 3:30 pm	Calgary Zone Call 1-844-527-1160 or <a href="#">Register Online</a>
Zoom	May 18, 25, June 1, 8, 15 & 22	Thursday 1:00 – 3:30 pm	Calgary Zone Call 1-844-527-1160 or <a href="#">Register Online</a>
East Calgary Health Centre	May 23, 30, June 6, 13, 20 & 27	Tuesday 1:00 – 3:30 pm	Calgary Zone Call 1-844-527-1160 or <a href="#">Register Online</a>
Zoom	May 25, June 1, 8, 15, 22 & 29	Thursday 9:00 – 11:30 am	Central Zone Call 1-877-314-6997

For more information about Better Choices, Better Health® visit  
[www.ahs.ca/bcbh](http://www.ahs.ca/bcbh)

