



# Better Choices, Better Health®

## Chronic Pain Self-Management Program

### In Person Workshop Schedule

These free in person 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.

Location	Dates	Time	How to Register
Medicine Hat RHPC	Sept 17, Sept 24, Oct 1, 8, 15 & 22	Tuesdays 1:00 – 3:30pm	Call 403-529-8969 or Toll free 1-866-795-9709

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

