



Better Choices, Better Health®

Chronic Pain Self-Management Program - Virtual Workshop

The longer you suffer with chronic pain, the more it can affect everything about your life. At Alberta Health Services, we offer the virtual workshop “**Better Choices, Better Health® - Chronic Pain Self-Management Program**”. The goal of this workshop is to help you learn more about chronic pain, exploring ways to take care of yourself to enjoy a better quality of life!

Some of the topics discussed are:

- Techniques to control pain like proper breathing and relaxation
- Healthy eating and becoming more active
- Tips for talking to your health care team
- Dealing with feelings like fear, anger, frustration, worry
- How to make everyday tasks easier

HOW DO I TAKE PART?

This virtual workshop offers sessions once a week for 6 weeks using the online platform Zoom (www.zoom.us). The classes are 2.5 hours long. There are 8-12 people in each workshop and there is **no charge** for registering. Support persons, family and friends are also welcome!

To Join: interested participants should have access to a working device (eg. computer, laptop, smartphone) equipped with a camera and microphone, the internet, and a private space while attending the workshop. More information about the workshop can be found at <https://albertahealthservices.ca/news/Page15425.aspx>.

Spots are limited, so register today to get a head start on a new year, better you!

Upcoming Virtual Workshop Series:

2021 Dates	Day & Time
January 12, 19, 26, February 2, 9, 16	Tuesdays, 6:00pm – 8:30pm
January 21, 28, February 4, 11, 18, 25	Thursdays, 1:30pm – 4:00pm
February 5, 12, 19, 26, March 5, 12	Fridays, 1:30pm – 4:00pm
February 18, 25, March 4, 11 18, 25	Thursdays, 6:00pm – 8:30pm
February 23, March 2, 9, 16, 23, 30	Tuesdays, 1:30pm – 4:00pm

To register: email selfmanagement@ahs.ca

or call 780-735-1080