



Better Choices, Better Health®

Chronic Pain Self-Management Virtual Workshop

The longer you suffer with chronic pain, the more it can affect everything about your life. At Alberta Health Services, we offer a workshop called the “Better Choices, Better Health® - Chronic Pain Self-Management Program.” The goal of the workshop is to help you learn more about chronic pain and explore 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 people, 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:

1) **Mondays**: Jan 4, 11, 18, 25 and Feb 8 from 930am – 12pm (noon)

OR

2) **Tuesdays**: Jan 12, 19, 26 and Feb 2, 9, 16 from 6pm – 830pm

OR

3) **Thursdays**: Jan 21, 28 and Feb 4, 11, 18, 25 from 130pm – 4pm

To register: email selfmanagement@ahs.ca

or call 780-735-1080