

# Better Choices, Better Health®

## Introductory Session

**Are you coping with an ongoing health condition?**

**Anxious or depressed or living with daily pain?**



**You can take steps toward a better life by taking part in our free, Better Choices, Better Health® workshops!**

Based on Stanford University's widely tested Chronic Disease Self-Management Program, a **Better Choices, Better Health®** workshop can help you:

- Find practical ways to deal with pain, fatigue, and stress
- Discover better nutrition and exercise choices
- Make informed treatment decisions
- Learn better ways to talk with your doctor and family about your health
- Get the support you need to manage the symptom cycle no matter the ongoing condition — diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, etc.

**Unsure if these workshops are for you? Join us for an introductory session and learn what Better Choices, Better Health® is all about! We'll discuss what you can expect from each of the sessions, explore what you're currently doing to support your health and brainstorm ways to reach other health goals.**

### **Introductory Session Information**

**Location:** [St. Mary's Hospital (Multipurpose Room) - 4607 53 Street]

**Dates:** [February 15, 2017 ]

**Time:** [2:00 p.m. – 3:30 p.m. or 4:00 p.m. – 5:30 p.m. ]

**Registration is required as date and time are subject to change.**

**For more information and to register, please call the  
Alberta Healthy Living Program Central Zone at 1-877-314-6997**