

Chronic Pain

Better Choices, Better Health

Self Management workshops

Are you living with long-term pain?

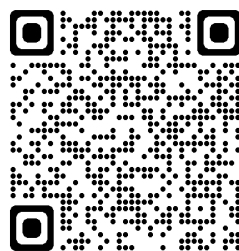
- Take this 6-week workshop by Zoom
- Manage pain and fatigue
- Learn how to get a good night's sleep
- Understand how making healthy eating choices can impact your pain
- Better manage medications
- Deal with emotions like anger, fear, and frustration
- Solve problems and set goals

Attend with a friend or family member

Make small steps to take
control of your health.

Next workshop series:
Sep 20, 27, Oct 4, 11, 18, 25
Wednesday Evenings
6:00 - 8:30pm

www.healthylivingprogram.ca



Register Now

1-877-349-5711



**Alberta Health
Services**

