



Better Choices, Better Health®

Take Small Steps. Feel better.

Are you coping with an ongoing health concern or chronic pain?

These free six-session workshops help you explore ways to live a healthier life!

Learn more about:

- Managing pain, fatigue and stress
- Making better food choices and learning how to safely be active
- Planning and following through on goals
- Taking care of your physical and emotional needs



The Chronic Pain classes have more information specific to pain.

Who should attend these workshops?

Adults living with **any ongoing health concerns**, such as:

- Breathing concerns
- Chronic Pain
- Depression / Anxiety
- Heart conditions
- Weight Management
- Diabetes

Workshop Type	Location	2018 Dates	Days & Times
Chronic Pain	Alberta Healthy Living Program 424 5 St S Lethbridge	September 26, October 3, 10, 17, 24, 31st	Wednesday 1:00 – 3:30
Chronic Disease	Alberta Healthy Living Program 424 5 St S Lethbridge	November 7, 14, 21, 28, December 5, 12th	Wednesday 1:00 – 3:30

You are welcome to register a support person to bring along with you.

To register or learn more call:

Alberta Healthy Living Program 403-388-6654

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