

Better Choices Better Health®

Chronic Disease Self-Management Workshop

These free workshops consist of six 2½ hour sessions for people with chronic conditions who want to gain confidence and learn skills to better manage their health conditions. Support persons may also attend.

Community	Dates	Days/Time	Location	To Register, call
Lethbridge	Thursdays November 2, 9, 16, 23, 30, Dec 7 th 2017	3:00 – 5:30 pm	Friends Place Meeting Room Crossings Branch West Library 255 Britannia Blvd West Lethbridge (Parking on North Side)	403-388-6654 1-866-506-6654

PLEASE NOTE: A workshop may be cancelled if registration is too low.

For more information on accessing Better Choices Better Health® and our online classes please visit:

www.albertahealthservices.ca/bcbh.asp

Call the number below:

(403) 388-6654

1-866-506-6654

Or use the QR Code to see online classes⇒

