



Chronic Pain Better Choices, Better Health®

Participants will learn how nutrition, physical activity and stress affect your life, especially when you are living with ongoing chronic pain.

Learn lifelong skills to manage your chronic health condition(s) and gain practical advice on:

Topics Include:

- Pain & the brain
- Pacing & pain diaries
- Time management
- Exercising and eating with chronic pain
- Active living
- Dealing with difficult emotions
- Action planning & problem solving
- Getting good sleep

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

➤ Please call the Alberta Healthy Living Program at 1-877-314-6997.

You will receive a Zoom link when you register.

Available Sessions:

Session Dates	Time	Location
May 1, 8, 15, 29, June 5 & 12	1:00 – 3:30 PM	Online with Zoom