Alberta Health Services | Alberta Healthy Living Program

# Better Choices, Better Health®

## Onoway

This six-series workshop will help you discover strategies and plan changes to help you feel better and enjoy life.

Topics include:

- Overcome the physical and emotional challenges of living with chronic conditions
- Manage pain, fatigue and stress
- Make positive nutrition and active living choices
- Set personal goals and acting on your plans.

### For any adult wanting to live better with:

- Diabetes
- Chronic pain
- Heart disease
- Arthritis
- Breathing concerns
- Depression/anxiety

- Weight management
- Cancer
- HIV
- Fibromyalgia
- Caregiving
- Other health challenges

**Sessions**

6 (1 per week)

**Length**

2 ½ hours each session

## Upcoming Workshop Onoway

**Alberta Health Services Admin Building 4916-49ave Onoway**

**Oct 3-Nov 14 (No session Oct 24th)**

**Thursdays from 1PM to 330PM**

**Registration: 1-877-349-5711**

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