

## Wellness Articles

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## New Year: Better Choices, Better Health

Living with a chronic health condition can be hard. But help is available.

If you or someone you support are living with a long-term health condition and have been struggling, this could be the year you take control of your health and create a better quality of life.

*Better Choices, Better Health* is a free six-week long workshop series designed to empower participants with the skills and knowledge to manage their health.

You will learn about:

- Managing symptoms like pain, fatigue, stress.
- Talking to loved ones, healthcare professionals and your colleagues about your health needs.
- Dealing with difficult feelings.
- Ways to eat healthy and stay active.
- Problem-solving and setting realistic plans.

The workshops are led by trained volunteer leaders, many of whom live with a chronic health condition. The volunteer leaders understand the challenges participants face and provide a supportive and welcoming environment for everyone.

Because those living with ongoing health conditions are often faced with the same day-to-day challenges, *Better Choices, Better Health* focuses on teaching tools and techniques common to all chronic conditions.

Depending on your needs there are two workshops to choose from:

- **Better Choices, Better Health® - Chronic Disease:** for those with conditions like diabetes, high blood pressure, obesity, arthritis, gastrointestinal (GI), depression, long COVID-19 and others.



- **Better Choices, Better Health® - Chronic Pain:** for those with conditions like fibromyalgia, complex regional pain syndrome, persistent pain, migraines, arthritis and others.

Workshops are offered virtually via Zoom and in-person. There are several dates and times to fit most schedules, but spaces are limited.

*Find a workshop that works for you: [ahs.ca/bcbh](https://ahs.ca/bcbh)*