**Wellness Articles**

Attached are weekly health and wellness articles provided by Alberta Health Services. As a way to help all Albertans live a healthy life, we welcome and encourage weekly newspapers, community newsletters and other publications to reproduce this information free of charge.

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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*