



Better Choices, Better Health®

Are you coping with an ongoing health condition?

Anxious or depressed or living with daily pain?

You can take steps toward a better life by signing up for this

Free 6 week workshop:

Better Choices, Better Health® Workshop

Virtual class using Zoom

Thursdays November 5, 12, 19, 26, December 3 & 10, 2020

Time: 9:30 am – 12:00 pm

For more information or to register call: **403-943-2584**



Online registration: www.ahs.ca/ahlp

or visit www.ahs.ca/bcbh