



Is pain, fatigue, stress or other symptoms from your ongoing health condition stopping you from living your life to the fullest?

Learn ways to get control of your life so you can do the things that matter to you!  
Take part in a free, online self-management pilot program and research study.

We are looking for people:

- from across Canada with ongoing health conditions
- with any level of computer experience

**What:** A free, six-week online workshop

**Where:** Anywhere you can access the Internet

**When:** Log on at your convenience 2–3 times a week, for a total of about two hours per week

Register online at  
**[www.healthylivingcanada.org](http://www.healthylivingcanada.org)**

For more information, email  
[LearnMore@healthylivingcanada.org](mailto:LearnMore@healthylivingcanada.org)

This Canada-wide pilot project is sponsored by the Government of Alberta and Alberta Health Services.

**Government  
of Alberta** ■

