



Better Choices, Better Health is a free 6-week online workshop that helps you take control of your health. Learn to manage long-term health conditions like **diabetes, high blood pressure, heart disease, sleep apnea, depression, arthritis** and others to improve your quality of life.



Learn new practical ways to deal with pain, fatigue and stress.



Get guidance from trained leaders with similar health challenges.



Connect with others just like you. Log in anytime that fits your schedule.

Join our online workshop at bit.ly/SurestBCBH



"I was surprised at how quickly we bonded online . Within the first or second session I felt like we were friends. We all had something in common. It was amazing how supportive we were of each other."

- Kelle, BCBH Participant

"I may have a chronic condition, but it doesn't have me."

- Muriel, BCBH Participant

