



Explain Pain - Chronic Pain Management

Do you suffer from Chronic Pain? Our team works with anyone suffering from non-cancerous pain lasting for 3 months or more. We provide group classes and individual 1-1 visits. Our program will improve your:

- Understanding of Pain & Ability to self-manage pain.
- Ability to engage in activities that matter to you.
- Overall quality of life.

Class Type	Start Date	Time	Location	How to Register
9-part series, Hybrid 1 class/week	June 17 – August 19	1:30pm– 3:30pm	Zoom & Lethbridge in Person	1-866-506-6654 (Lethbridge or rural)
9-part series, Hybrid 1 class/week	April 15 – June 10	1:30pm – 3:30 pm	Zoom & Medicine Hat in Person	1-866-795-9709 (Brooks, Medicine Hat, and rural area) Hosted by South Zone

Please note that we do not offer interventional services such as injections, medications, or surgeries.

These classes are for Albertans over the age of 18. Online classes are on Zoom and participants should have access to:

- A computer, tablet, or smartphone with a working camera and microphone;
- An internet connection: [visit this webpage to learn how to join a Zoom class](#);
- A private space in Alberta while attending the class.



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**Primary Care
Alberta**
Alberta Healthy Living
Program