

# Education that supports your health and your life

**North Zone VIRTUAL Program**

**Workshop Guide**

*updated June 2024*

The Alberta Healthy Living Program (AHLP) offers free workshops, to all communities in the North Zone, virtually (by ZOOM) to help people better manage their chronic conditions.



Chronic Disease  
Management



# Find the right workshop

This tool will help you find workshops for people, based on their Interests or chronic conditions. For more information, check out the workshop descriptions or visit: [ahs.ca/ahlp](https://ahs.ca/ahlp)

WORKSHOP NAME	PAIN	DIABETES	HEART HEALTH	HEALTHY LIVING	PHYSICAL ACTIVITY	BREATHING CONCERNS	WEIGHT MGMT	STRESS
<b>Better Choices, Better Health®</b>	✓	✓	✓	✓	✓	✓	✓	✓
<b>Better Choices, Better Health® for Chronic Pain</b>	✓			✓	✓			
<b>Heart &amp; Stroke:</b> Managing Blood Pressure and Cholesterol		✓	✓	✓	✓		✓	✓
<b>Managing Diabetes</b>		✓		✓	✓	✓	✓	✓
<b>Minding Stress:</b> Effectively Reduce and Manage the Stress in Your Life	✓	✓	✓	✓	✓	✓	✓	✓
<b>Adult Weight Management</b>  <b>Tier 1</b> - effective weight management; physical activity; healthy habits <b>Tier 2</b> - meal plan; physical activity plan; behavior change <b>Tier 3</b> - eating away from home; overcoming challenges/barriers		✓	✓	✓	✓		✓	✓
<b>Moving Matters:</b> Including Physical Activity in your Day	✓	✓	✓	✓	✓	✓	✓	✓
<b>Supervised Exercise</b>	✓	✓	✓	✓	✓	✓	✓	✓



# Education - Virtual

The Alberta Healthy Living Program (AHLP) helps people discover changes—big or small—that will help them live healthier and learn to confidently manage their health.

It could be small changes, such as watching what and how much they eat or by adding physical activity to their day. Or, it could be big changes that involve understanding their emotions and how they can affect health.

## Who's it for?

AHLP workshops are for Albertans interested in learning how to manage long term health conditions.

Family, friends, and caregivers are also welcome to attend.

We recommend participants are:

- Capable of participating in group settings
- Able to understand basic English
- At least 18 years of age or older
- Have internet access and access to a computer, phone or tablet

## Learn to live healthier

Workshops in this guide are designed to help people learn how to manage chronic conditions and live healthier. Workshops cover:

- Disease-specific education for conditions such as diabetes, weight management, obesity, high blood pressure, and more
- General health topics such as nutrition, reducing stress, and sleeping well
- Physical activity and Supervised exercise program

Workshops are led by healthcare professionals including health educators, registered dietitians, registered nurses and exercise specialists. Find out which workshops may be for the people you support, by using the navigation tool on page 2.

Workshop times vary. For more information and to register call **1-877-349-5711**



### Chronic Disease Self-Management

#### Workshop Information

6 workshops, 2.5 hours in length, 1 week apart

#### Who it's for

Anyone living with:

- Diabetes
- Chronic pain
- Heart disease
- Arthritis
- Breathing concerns
- Depression/anxiety
- Weight management
- Cancer
- HIV
- Fibromyalgia
- Similar long term health conditions.

#### Description

Nutrition, physical activity and stress affect people's lives, especially when they're living with ongoing health concerns. These workshops will help people discover changes and strategies to live healthier.\*

Topics include:

- Overcoming the physical and emotional challenges of living with chronic conditions
- Managing pain, fatigue and stress
- Making positive nutrition and active living choices
- Setting personal goals and acting on your plans.
- Building problem solving skills to address challenges and barriers.

\*This education is based on Stanford University's Chronic Disease Self Management Program.

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### Chronic Pain Self-Management

#### Workshop Information

6 workshops, 2.5 hours in length, 1 week apart

#### Who it's for

Anyone living with chronic pain and looking to build skills gain control and build confidence

#### Description

A program to look at how pain works and what techniques can help manage and how to stop the pain cycle.

Topics include:

- Goal setting, action planning and decision making
- Better breathing, better sleep and medications
- Managing symptoms and pacing
- Planning for the future

# Adult Weight Management and Bariatric Education

## Who it's for

For individuals looking to manage weight or who are exploring bariatric surgery.

## Description

Educational information on defining weight, nutrition management, physical activity, emotional eating and healthy habits to support behavior change.

## Education is delivered in 3 tiers of workshops as outlined below.

Workshops are delivered by health educators, Nurses and Registered Dietitians.

### Tier 1:

#### 1.1 Understanding Weight

Learn about weight and obesity as a chronic condition  
Understand how weight and health affect each other  
Physical activity planning

#### 1.2 Nutrition: Eating Well for Weight & Health

Understand how to use a journal as a helpful tool for behavior change.  
Know where calories come from, and factors influencing calorie needs.  
Identify healthy food and drink choices for weight and health.

#### 1.3 Making a Change - Problem solving

Exploring personal health habits and motivation for Change.  
Environmental and stimuli recognition and control.

### Tier 2:

#### 2.1 Lifestyle Changes

Learn about physical activity and exercise and the benefits for managing weight.

#### 2.2 Nutrition: Make a Plan to Eat Well

Identify what's in the environment or ones own habits and lifestyle that may be influencing food choices.  
Understand how what, when, how much and why people eat to be important factors in making healthy food choices.

Explain how food portions affect weight and health.

Discuss the 4 P's of meal planning

#### 2.3 Emotions and Eating

Recognizing emotions and triggers.  
Managing unhelpful feelings and thoughts.  
Understanding mindful eating.

### Tier 3:

#### 3.1 Nutrition: Eating Away from Home

Explain what "All or Nothing" thinking is and identify if it influences food choices.  
Describe the challenges of eating food prepared outside the home and how it can affect weight and health.  
Know where calories come from and how to manage calories.

#### 3.2 Factors Affecting Weight Management:

Discuss how physical and mental health, including stress, impacts weight.  
Explore the impacts of sleep, medications, cravings and effective communication on managing weight.  
Share personal barriers and problem solve areas of concern.

# Heart & Stroke Education: Managing Blood Pressure & Cholesterol

## Workshop Information

2 workshops, 2.5 hours in length,  
1 week apart.

## Who it's for

Anyone with high blood pressure and/or cholesterol and would like to learn how to lower them.

## Description

Maintaining a healthy blood pressure and cholesterol level reduce one's risk of heart disease, stroke, kidney failure and many other illnesses.

In this workshop, offered in collaboration with AHS Nutrition Services, people will learn what affects their blood pressure and cholesterol level and what they can do about it.

## Topics Include:

- What blood pressure and cholesterol are
- Life and nutrition choices that may affect blood pressure and cholesterol
- What someone can do to minimize their risks or prevent heart disease and stroke.

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## Managing Diabetes

## Workshop Information

3 workshops, 2.5 hours in length,  
1 week apart

## Who it's for

- Anyone at risk for developing diabetes
- Anyone diagnosed with pre-diabetes or Type 2 diabetes
- Anyone who supports people living with Diabetes and wants to broaden their knowledge.

## Description

This workshop will help people learn about diabetes and effective strategies to manage it.

The workshop will help you to become more informed and learn how you can live a healthy life with diabetes.

## Topics Include:

- What diabetes is
- The importance of monitoring blood sugar and other tests
- How foods affect blood sugar and other tests
- How to prevent or delay complications
- How foods affect blood sugar
- How to read food labels and meal plan
- Tips for travelling, getting a good night sleep and managing illness
- The benefits of keeping active
- Why and how to take care of one's feet



# Minding Stress: Effectively Reduce & Manage Stress in your Life

## Workshop Information

2 workshops, 2 1/2 hours in length,  
1 week apart

## Who it's for

Anyone who feels stress and would like to learn how to reduce, manage or prevent it.

## Description

Many things can cause stress. It can stem from work, health, a conflict of belief, or major life change. Learning how to reduce or prevent stress can help people manage chronic conditions and improve mental health.

It can also reduce the risk of developing a range of disorders such as hypertension, type 2 diabetes, obesity and irritable bowel syndrome.

## Topics Include:

- What stress is
- What causes stress and how it can affect one's life
- Strategies to manage and eliminate stress
- Mindful eating



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## Moving Matters: Including Physical Activity in your Day

## Workshop Information

1 workshop, 2 1/2 hours in length

## Who it's for

Anyone looking to learn more about physical activity and how to include it in their day.

## Description

Physical activity is any activity that's part of daily life. It can include simple things like cleaning, shoveling snow, taking the stairs and carrying groceries. Including more physical activity in your day can help maintain a healthy weight and better manage chronic conditions.

## Topics Include:

- Benefits and barriers to getting active
- Tips on how to increase your physical activity
- How to set personal activity goals.





## Supervised Exercise Program (Virtual)

### Workshop Information

2 times per week, 1.5 hours each, for 6 weeks

### Who it's for

For individuals with one or more chronic conditions interested in learning how to exercise safely and experience the health benefits.

### Description

Exercise can help people manage chronic conditions and stay healthy. Learning to do it safely will help prevent injury and stay on track for living healthy. This program is completed in peoples homes or other own space.

In this program, participants will:

- Learn how to self-monitor and stay safe while exercising
- Improve their strength, flexibility and endurance
- Have a one-on-one initial assessment (scheduled 1-2 weeks prior to the start of the program)
- Participate in virtual exercise classes under the guidance of an exercise specialist.
- Have a final coaching opportunity with the exercise therapist to discuss exercise experience and personal goals.

