

February 2026 Alberta Healthy Living Program Workshops

Be Supported on your Journey to Better Health
– Virtual classes by Zoom

Managing Diabetes

Workshops for those newly diagnosed with diabetes or pre-diabetes, or a refresher for those living with diabetes.

Overview

Feb 18	Wed Morning	9:30-12pm
Feb 26	Thu Evening	5:30-8pm

Nutrition

Feb 25	Wed Morning	9:30-11am
Mar 5	Thu Evening	5:30-7pm

Ongoing Care

Mar 4	Wed Morning	9:30-12pm
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Foot Care & Seated Exercise

Feb 12	Thu Afternoon	1:30-2:30am
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Heart & Stroke Education

Learn to manage blood pressure and cholesterol and understand the risks for heart disease and stroke.

Overview & Prevention

Feb 18	Wed Afternoon	1:30-4pm
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Nutrition

Feb 4	Wed Evening	5:30-7pm
Feb 25	Wed Afternoon	1:30-3pm

Better Choices, Better Health

Build skills to help overcome the physical and emotional challenges and manage your health

Living with Chronic Disease

Tuesday Afternoons	1:30-4:00 pm
February 3- March 10	

Living with Chronic Pain

Wednesday Evenings	6:00-8:30pm
Feb 18 - Mar 25	

Weight Management

Build healthier habits. Understand ways that thinking patterns, sleep, physical activity and nutrition impact your goals.

See website for Individual Class Descriptions

Series 1

1.1	Feb 3	Tue Evening	5:30-8pm
1.2	Feb 10	Tue Evening	5:30-8pm
1.3	Feb 17	Tue Evening	5:30-8pm

Series 2

2.1	Feb 12	Thu Morning	9:30-12pm
2.2	Feb 19	Thu Morning	9:30-12pm
2.3	Feb 26	Thu Morning	9:30-12pm

Series 3

3.1	Jan 28	Wed Evening	5:30-8pm
	Mar 12	Thu Morning	9:30-12pm
3.2	Feb 4	Wed Evening	5:30-8pm
	Mar 19	Thu Morning	9:30-12pm

Supervised Exercise Program -Virtual Classes-

This program meets 2 times per week, 1.5 hours/session for 6 weeks to exercise in a group setting with people with a variety of health conditions.

Feb 3 - Mar 12 Tue & Thurs @ 10-11:30am

Feb 3 - Mar 12 Tue & Thurs @ 1-2:30pm

Managing Stress

In this 2 part series you will learn techniques to reduce, prevent, and cope with stress.

Feb 10 & 24 Tue Mornings 9:30-10:30am



Register for a Zoom class:
1-877-349-5711

Or

<https://www.healthylivingprogram.ca>

Help using Zoom is available!



Primary Care
Alberta