

May 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

May 6 Wed Morning 9:30-12pm
May 21 Thur Evening 5:30-8pm

Nutrition

May 13 Wed Morning 9:30am-11am
May 28 Thur Evening 5:30-7pm

Ongoing Care

May 20 Wed Morning 9:30-12pm

Foot Care & Seated Exercise

Jun 25 Thur Afternoon 12-1pm

Heart & Stroke Education

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

Overview & Prevention

May 13 Wed Afternoon 1:30-4pm
May 28 Thur Morning 9:30-12pm

Nutrition

May 20 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

Tuesdays May 5 – June 9 5:30pm-8pm

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 May 6 Wed Evening 5:30-8pm
1.2 May 13 Wed Evening 5:30-8pm
1.3 May 20 Wed Evening 5:30-8pm

Series 2

2.1 Jun 3 Wed Evening 5:30-8pm
2.2 May 5 Tue Morning 9:30-12pm
2.3 May 12 Tue Morning 9:30-12pm

Series 3

3.1 May 20 Wed Evening 9:30-12pm
3.2 May 27 Wed Evening 9:30-12pm

Managing Stress

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

May 5 & 12 Tue Afternoons 1:30-2:30pm

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.

June 1-July 13 Mon/Wed 6-7:30pm

June 23-July 30 Tues/Thurs 10-11:30am

June 23-July 30 Tues/Thurs 1-2:30pm

Help using Zoom is available!



Register for a Zoom class:

1-877-349-5711

Or

<https://www.healthylivingprogram.ca>



Primary Care
Alberta