

# March 2025 Workshops Alberta Healthy Living Program

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

Mar 5	Wed Morning	9:30-12pm
Mar 11	Tue Evening	5:30pm-8pm

### Nutrition

Mar 12	Wed Morning	9:30-11am
Mar 18	Tue Evening	5:30-7pm

### Ongoing Care

Mar 19	Wed Morning	9:30-12pm
Mar 25	Tue Evening	5:30pm-8pm

### Foot Care & Seated Exercise

Mar 5	Wed Evening	6-7pm
-------	-------------	-------

## Heart & Stroke Education

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

### Overview & Prevention

Mar 12	Wed Morning	9:30-12pm
Mar 27	Thurs Evening	5:30-8pm

### Nutrition

Mar 19	Wed Morning	9:30-11am
--------	-------------	-----------

## Better Choices, Better Health

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

### Living with Chronic Conditions

Mar 18 – Apr 22	Tues Evenings	6-8:30 pm
-----------------	---------------	-----------

## Weight Management

Effective weight management strategies and how to build healthier habits. Understand ways that thinking patterns, sleep, physical activity and nutrition impact your goals.

### Series 1—Classes 1.1, 1.2, & 1.3

Mar 20, 27, & Apr 3	Thursday	1:30-4pm
---------------------	----------	----------

### Series 2—Classes 2.1, 2.2, & 2.3

Feb 26, Mar 5, & 12	Wednesday	5:30-8pm
---------------------	-----------	----------

### Series 3—Classes 3.1 & 3.2

Mar 6 & 13	Thursday	9:30-12pm
Mar 19 & 26	Wednesday	5:30-8pm

## 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.

Mar 24 - Apr 30, Mon/Wed @ 1-2:30pm

Mar 24 - Apr 30, Mon/Wed @ 6-7:30pm

Apr 14 - May 22, Tue/Thurs @ 10-11:30am

Apr 14 - May 22, Tue/ Thurs @ 1-2:30pm

## Managing Stress

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

Mar 18 & 25 Tue Afternoons 1:30-2:30pm

Help using Zoom is  
available!



To register for a Zoom class call:

**1-877-349-5711**

Or

<https://www.healthylivingprogram.ca>



**Alberta Health  
Services**

Alberta Healthy Living  
Program