

# July 2024 Workshops for Adults by ZOOM

Be Supported on your Journey to Better Health  
– Right from Home!



## Managing Diabetes

A 3 session workshop for those newly diagnosed with diabetes or pre-diabetes, or as a refresher for those continuing to manage diabetes.

### Overview

Jul 4	Thurs Morning	9:30-12:00pm
Jul 25	Thurs Evening	5:30-8:00pm
Aug 6	Tues Afternoon	1:30-4:00pm
Aug 15	Thurs Morning	9:30-12:00pm

### Nutrition

Jul 11	Thurs Morning	9:30-11:00am
Aug 1	Thurs Evening	5:30-7:00pm
Aug 13	Tues Afternoon	1:30-3:00pm

### Ongoing Care

Ju1 18	Thurs Morning	9:30am-12:00pm
Aug 8	Thurs Evening	5:30-8:00pm

## Heart & Stroke

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

### Overview & Prevention

Jul 17	Wed Morning	9:30am-12:00pm
Aug 7	Wed Morning	9:30am-12:00pm

### Nutrition

Jul 24	Wed Morning	9:30am-12:00pm
Aug 14	Wed Morning	9:30am-11:00am

## Moving Matters

Discuss methods of getting moving safely and learn how this can help you. Explore what gets in your way and make a plan to get started, stay motivated and have fun.

Aug 19 - Mon Morning - 9:30am - 12:00pm

Help using Zoom is available!

## Weight Management

Learn 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

Jul 9, 16, & 23	Tues Morning	9:30am-12:00pm
Aug 6, 13, & 20	Tues Afternoon	1:30-4:00pm

### Series 2—Classes 2.1, 2.2, & 2.3

Aug 15, 22, 29	Thurs Morning	9:30am-12:00pm
----------------	---------------	----------------

### Series 3—Classes 3.1 & 3.2

Jul 9 & 16	Tues Morning	9:30am-12:00 pm
------------	--------------	-----------------

## 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 25-Aug 1, Tues/Thurs 10am-11:30am

## Managing Stress

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

July 16 & 23 Tue Afternoons 1:30am-4:00pm

## Better Choices, Better Health

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

### Living with a Chronic Condition

July 24 - Aug 28 - Wed Mornings 9:30am - 12:00pm

### Living with Chronic Pain

July 3 – August 7 - Wed Mornings - 9:30pm - 12:00pm



To register for a Zoom class call:

**1-877-349-5711**

Or

<https://www.healthylivingprogram.ca>



**Alberta Health  
Services**

Alberta Healthy Living  
Program