December 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

Nov 25	Wed Evening	5:30-8pm
Dec 1	Tue Morning	9:30-12pm

Nutrition

Dec 2	Wed Evening	5:30-7pm
Dec 8	Tue Morning	9:30-11am

Ongoing Care

Dec 9	Wed Evening	5:30-8pm
Dec 15	Tue Morning	9:30-12pm

Heart and Stroke

This 2-session workshop helps you lead a healthier lifestyle and reduce their risk of heart disease and stroke.

Overview and Prevention with a Registered Nurse

Dec 8	Tue Morning	9:30-12pm

Nutrition with a Registered Dietitian

Dec 15	Tue Morning	9:30-11am

Better Choices, Better Health

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

Thrive at Every Size – for those managing weight

January 14 – February 18
Thursdays 1:30 – 4:00pm

Living with Chronic Pain
January Dates Coming Soon

Living with Chronic Disease
January Dates Coming Soon

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	Dec 3	Thurs Mornings	9:30-12pm
1.2	Dec 10	Thurs mornings	9:30-12pm
1.3	Dec 9	Wed Evenings	5:30-8pm
	Dec 17	Thurs mornings	9:30-12pm

Series 2

Check back in January

Series 3

3.1	Dec 2	Wed Evenings	5:30-8pm
3.2	Dec 8	Tue Afternoons	1:30-4pm

Managing Stress

A 2-part series to learn techniques to reduce, prevent, and cope with stress.

Dec 8 & 15	Tue Evening	5:30pm-6:30pm

Supervised Exercise Program Virtual Classes

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

Jan 11-Feb 22	Mon/Wed	1-2:30pm
Jan 11-Feb 22	Mon/Wed	6-7:30pm
Feb 2 –Mar 11	Tues/Thurs	10-11:30am
Feb 2 – Mar 11	Tues/Thurs	1-2:30pm

Register for a Zoom class:
1-877-349-5711
Or
https://www.healthylivingprogram.ca

Help using Zoom is available!

Primary Care Alberta