

November 2025 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 6 Thu Morning 9:30-12pm
Nov 12 Wed Evening 5:30-8pm

Nutrition

Nov 13 Thu Morning 9:30-11am
Nov 19 Wed Evening 5:30-7pm

Ongoing Care

Nov 20 Thu Morning 9:30-12pm
Nov 26 Wed Evening 5:30-8pm

Foot Care & Seated Exercise

Nov 26 Wed Afternoon 1:30-2:30pm

Heart & Stroke Education

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

Overview & Prevention

Nov 18 Tue Evening 5:30-8pm
Nov 27 Thu Morning 9:30-12pm

Nutrition

Nov 25 Tue Evening 5:30-8pm

Managing Stress

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

Dec 9 & 16 Tue Mornings 9:30-10:30am

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 Nov 26 Wed Evening 5:30-8pm
1.2 Dec 3 Wed Evening 5:30-8pm
1.3 Dec 10 Wed Evening 5:30-8pm

Series 2

2.1 Nov 27 Thu Morning 9:30-12pm
2.2 Nov 20 Thu Morning 9:30-12pm
2.3 Dec 4 Thu Morning 9:30-12pm

Series 3

3.1 Dec 11 Thu Morning 9:30-12pm
3.2 Nov 4 Tue Evening 5:30-8pm
Dec 18 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.

November 4 to December 16

Tuesdays and Thursdays
Mornings 10-11:30am

Better Choices, Better Health

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

Living with Chronic Pain

Thursday Afternoons 1:00-3:30pm
November 6, 13, 20, 27, December 4 & 11

Living with Chronic Disease

Wednesday Evenings 6-8:30 pm
November 5, 12, 19, 26, December 3 & 10

Help using Zoom is available!



Register for a Zoom class:

1-877-349-5711

Or

<https://www.healthylivingprogram.ca>



Primary Care
Alberta