January 2027

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 12,	Thu Afternoon	1:30-4pm

Nutrition

Nov 19,	Thurs Afternoon	1:30-3pm

Ongoing Care

Nov 3,	Tues 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

Nov 19	Thurs Evening	5:30-8pm
Dec 8	Tue Morning	9:30-12pm

Nutrition

Nov 26	Thurs Evening	5:30-7pm
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

NEW Thrive at Every Size – for those managing weight

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

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	Jan 21	Thu Evening	5:30-8pm
1.2	Jan 28	Thu Evening	5:30-8pm
1.3	Feb 4	Thu Evening	5:30-8pm

Series 2

2.1	Jan 13	Wed Evening	5:30-8pm
	Feb 11	Thu Evening	5:30-8pm
2.2	Jan 20	Wed Evening	5:30-8pm
	Feb 18	Thu Evening	5:30-8pm
2.3	Jan 27	Wed Evening	5:30-8pm
	Feb 25	Thu Evening	5:30-8pm

Series 3

3.1	Feb 03	Wed Evening	5:30-8pm
3.2	Feb 10	Wed Evening	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.

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

Moving Matters

Explore what gets in your way and make a plan to get started, stay motivated and have fun.

Nov 17	Tue Morning	9:30am-10:30am

Help using Zoom is available!

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

Primary Care Alberta