

Oct 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

Oct 1	Tue Evening	5:30-8pm
Oct 15	Tue Afternoon	1:30-4pm
Oct 16	Wed Morning	9:30-12pm

Nutrition

Oct 8	Tue Evening	5:30-7pm
Oct 22	Tue Afternoon	1:30-3pm
Oct 23	Tue Morning	9:30-11am

Ongoing Care

Oct 15	Tue Evening	5:30-8pm
Oct 29	Tue Afternoon	1:30-4pm
Oct 30	Tue Morning	9:30-12pm

Foot Care & Seated Exercise

Oct 10	Thurs Afternoon	1:30-4pm
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Heart & Stroke Education

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

Overview & Prevention

Oct 17	Thurs Morning	9:30-12pm
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Nutrition

Oct 2	Wed Afternoon	1:30-3pm
Oct 24	Thurs Morning	9:30-11am

Managing Stress

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

Nov 6 & 13	Wed Evening	6-7pm
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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

Oct 2, 9, & 16	Wed Afternoons	1:30-4pm
Oct 10, 17, & 24	Thurs Mornings	9:30-12pm

Series 2—Classes 2.1, 2.2, & 2.3

Oct 17, 24, & 31	Thurs Mornings	9:30-12pm
Oct 23, 30, & Nov 6	Wed Evenings	5:30-8pm

Series 3—Classes 3.1 & 3.2

Oct 10 & 17	Thurs Afternoon	1:30-4pm
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Supervised Exercise Program -Virtual Classes-

Exercise in a group setting with people with a variety of health conditions. -- 2 times per week, 1.5 hours/session for 6 weeks --

October 28 - December 9

Monday & Wednesdays

- ◆ Afternoons @ 1:00-2:30pm
- ◆ Evenings @ 6:00-8:30pm

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.

Nov 28	Thurs Afternoon	1:30-4pm
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Better Choices, Better Health

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

Living with Chronic Pain

Nov 5 to Dec 10	Tue Afternoons	1:30-4pm
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To register for a Zoom class call:

1-877-349-5711

Or

<https://www.healthylivingprogram.ca>



Alberta Healthy Living Program