

August 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

Aug 6 Tues Afternoon 1:30-4pm
Aug 15 Thurs Morning 9:30am-12pm

Nutrition

Aug 1 Thurs Evening 5:30pm-7pm
Aug 13 Tues Afternoon 1:30-3pm
Aug 22 Thurs Morning 9:30am-11am

Ongoing Care

Aug 8 Thurs Evening 5:30pm-8
Aug 20 Tues Afternoon 1:30-4pm
Aug 29 Thurs Morning 9:30am-12pm

Heart & Stroke

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

Overview & Prevention

Aug 7 Wed Morning 9:30am-12pm
Aug 21 Wed Afternoon 1:30-4pm

Nutrition

Aug 14 Wed Morning 9:30am-11am
Aug 28 Wed Afternoon 1:30-3pm

Managing Stress

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

Upcoming Classes in September!

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

Aug 6, 13, & 20 Tues Afternoons 1:30-4pm

Series 2—Classes 2.1, 2.2, & 2.3

Aug 15, 22, & 29 Thurs Mornings 9:30am-12pm

Series 3—Classes 3.1 & 3.2

Classes in September!

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.

August 19 to Oct 2, Mondays & Wednesdays
Afternoons 1-2:30pm or Evenings 6-8:30pm

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.

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

Better Choices, Better Health

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

Living with a Chronic Condition

Sept 25 to Oct 30 - Wed Evenings - 6-8:30pm

Living with Chronic Pain

Sept 19 to Oct 24 - Thurs Evenings – 6-8:30pm



To register for a Zoom class call:

1-877-349-5711

Or

<https://www.healthylivingprogram.ca>



**Alberta Health
Services**

Alberta Healthy Living
Program