

Education that supports your health and your life

North Zone Program Workshop Guide

The Alberta Healthy Living Program (AHLP) offers free workshops, to all communities in the North Zone, virtually (by ZOOM) to help people better manage their chronic conditions.

Updated June 2026



**Primary Care
Alberta**



Find the right workshop

This tool will help you find workshops for people, based on their Interests or chronic conditions. For more information, check out the workshop descriptions or visit: <https://www.healthylivingprogram.ca>.

WORKSHOP NAME	PAIN	DIABETES	HEART HEALTH	HEALTHY LIVING	PHYSICAL ACTIVITY	BREATHING CONCERNS	WEIGHT MGMT	STRESS
Better Choices, Better Health®	✓	✓	✓	✓	✓	✓	✓	✓
Better Choices, Better Health® for Chronic Pain	✓			✓	✓			
Peer Coaching for Healthy Living	✓	✓	✓	✓	✓	✓	✓	✓
Heart & Stroke: Managing Blood Pressure and Cholesterol			✓	✓				
Managing Diabetes		✓		✓			✓	
Living with Diabetes: Seated Exercise and Footcare		✓		✓	✓			
Minding Stress: Effectively Reduce and Manage the Stress in Your Life	✓	✓	✓	✓	✓	✓	✓	✓
Adult Weight Management Series 1 (3 classes) - effective weight management; physical activity; healthy habits Series 2 (3 classes) - meal planning; physical activity, behavior change Series 3 (2 classes) - eating away from home; overcoming challenges/barriers	✓			✓			✓	
Moving Matters: Including Physical Activity in your Day	✓	✓	✓	✓	✓	✓	✓	✓
Supervised Exercise	✓	✓	✓	✓	✓	✓	✓	✓



Virtual Education

The Alberta Healthy Living Program (AHLP) helps people discover changes that will help them live healthier and learn to confidently manage their health.

It could be small changes, such as watching what and how much they eat, or by adding physical activity to their day. It could also be big changes that involve understanding their emotions and how they can affect health.

Who's it for?

AHLP workshops are for Albertans over 18 who are interested in learning how to manage long-term health conditions.

Family, friends, and caregivers are also welcome to attend.

We recommend participants are:

- Capable of participating in group settings
- Able to understand basic English
- At least 18 years of age or older
- Have internet access and access to a computer, phone or tablet

Learn to live healthier

Workshops in this guide are designed to help people learn how to manage chronic conditions and live healthier. Workshops cover:

- Disease-specific education for conditions such as diabetes, weight management, obesity, high blood pressure, and more
- General health topics such as nutrition, reducing stress, and sleeping well
- Physical activity and supervised exercise program

Workshops are led by healthcare professionals including health educators, registered dietitians, registered nurses and exercise specialists. Find out which workshops may be best by using the navigation tool on page 2.

Workshop times vary. For more information and to register call **1-877-349-5711**



Workshops are free

To register, call 1-877-349-5711

www.healthylivingprogram.ca

Better Choices Better Health® Chronic Disease Self-Management

Workshop Information

6 workshops, 2.5 hours
in length, 1 week apart

Who it's for

Anyone living with:

- Diabetes
- Heart disease
- Breathing concerns
- Depression/anxiety
- Weight management
- Cancer
- HIV
- Other long term health conditions.

Description

Nutrition, physical activity and stress affect people's lives, especially when they're living with ongoing health concerns. These workshops will help people discover changes and strategies to live healthier.

Topics include:

- Overcoming the physical and emotional challenges of living with chronic conditions
- Managing pain, fatigue and stress
- Making positive nutrition and active living choices
- Setting personal goals and acting on plans
- Building problem solving skills to address challenges and barriers.

Chronic Pain Self-Management

Workshop Information

6 workshops, 2.5 hours
in length, 1 week apart

Who it's for

Anyone living with chronic pain and looking to build skills gain control and build confidence

Description

A program to look at how pain works and what techniques can help manage and how to stop the pain cycle.

Topics include:

- Goal setting, action planning and decision making
- Better breathing, better sleep and medications
- Managing symptoms and pacing
- Planning for the future



Adult Weight Management

Who it's for

For individuals looking to manage weight

Description

Educational information on defining weight, nutrition management, physical activity, emotional eating and healthy habits to support behavior change.

Education is delivered in three tiers of workshops.

Workshops are delivered by health educators, Nurses and Registered Dietitians.

Topics Include:

Tier 1:

- Learn about weight and obesity as a chronic condition
- Understand how weight and health affect each other
- Physical activity planning
- Understand how to use a journal as a helpful tool for behavior change
- Know where calories come from, and factors influencing calorie needs
- Identify healthy food and drink choices for weight and health
- Exploring personal health habits and motivation for change

Tier 2:

- Learn about physical activity and exercise and the benefits to managing weight
- Identify what's in the environment or habits and lifestyle that may be influencing food choices
- Understand how, what, when, how much and why people eat are important factors in making healthy food choices
- Explain how food portions affect weight and health
- Recognizing emotions and triggers. Managing unhelpful feelings and thoughts. Understanding mindful eating.

Tier 3:

- Explain what “All or Nothing” thinking is and identify if it influences food choices
- Describe the challenges of eating food prepared outside the home
- Discuss how physical and mental health, including stress, impacts weight
- Explore the impacts of sleep, medications, cravings and effective communication on managing weight
- Share personal barriers and problem solve areas of concern.



Heart & Stroke Education: Managing Blood Pressure & Cholesterol

Workshop Information

2 workshops,
1 week apart

- 2.5 hours led by the Registered Nurse
- 1.5 hours led by the Registered Dietitian

Topics Include:

- What blood pressure and cholesterol are
- Life and nutrition choices that may affect blood pressure and cholesterol
- What someone can do to minimize their risks or prevent heart disease and stroke

Who it's for

Anyone with high blood pressure and/or cholesterol and would like to learn how to lower them.

Description

Maintaining a healthy blood pressure and cholesterol level reduce one's risk of heart disease, stroke, kidney failure and many other illnesses.



Managing Diabetes

Workshop Information

3 workshops, 2.5 hours in length,
1 week apart

Who it's for

- Anyone at risk for developing diabetes
- Anyone diagnosed with pre-diabetes or Type 2 diabetes
- Anyone who supports people living with Diabetes and wants to broaden their knowledge.

Topics Include:

- The importance of monitoring blood sugar and other tests
- How foods affect blood sugar and other tests
- How to prevent or delay complications
- How foods affect blood sugar
- How to read food labels and meal plan
- Tips for travelling, getting a good night sleep and managing illness
- The benefits of keeping active
- Footcare

Minding Stress: Effectively Reduce & Manage Stress in your life

Workshop Information

2 workshops, 1 hour each, 1 week apart

Who it's for

Anyone who feels stress and would like to learn how to reduce, manage or prevent it.

Description

Many things can cause stress. It can stem from work, health, a conflict of belief, or major life change. Learning how to reduce or prevent stress can help people manage chronic conditions and improve mental health. It can also reduce the risk of developing a range of disorders such as hypertension, type 2 diabetes, obesity and irritable bowel syndrome.

Topics Include:

- What stress is
- What causes stress and how it can affect one's life
- Strategies to manage and eliminate stress
- Mindful eating



Moving Matters: Including Physical Activity in your Day

Workshop Information

1 workshop, 1 hour in length

Who it's for

Anyone looking to learn more about physical activity and how to include it in their day.

Description

Physical activity is any activity that's part of daily life. It can include simple things like cleaning, shoveling, and carrying groceries. Including more

physical activity in your day can help maintain a healthy weight and better manage chronic conditions.

Topics Include:

- Benefits and barriers to getting active
- Tips on how to increase your physical activity
- How to set personal activity goals

Supervised Exercise Program

Workshop Information

2 times per week, 1.5 hours each, for 6 weeks

Who it's for

For individuals with one or more chronic conditions interested in learning how to exercise safely and experience health benefits.

Description

Exercise can help people manage chronic conditions and stay healthy. Learning to do it safely will help prevent injury and stay on track for living healthily. This program is completed virtually, on camera, in people's homes or other own space.

Topics:

In this program, participants will:

- Learn how to self-monitor and stay safe while exercising
- Improve their strength, flexibility and endurance
- Have a one-on-one initial assessment (scheduled 1-2 weeks prior to the start of the program)
- Participate in virtual exercise classes under the guidance of an exercise specialist
- Have a final coaching opportunity with the exercise therapist to discuss exercise experience and personal goals



Peer Coaching for Healthy Living- Phone Based Program

Workshop Information

30 minutes, once per week, 12-week program

Who it's for

Individuals with one or more chronic conditions interested in working on health goals.

Description

- The Peer Coaching for Healthy Living Program pairs participants with trained volunteer health coaches to provide support in managing chronic health conditions
 - Through weekly phone-based coaching sessions, participants learn practical skills to help them maintain or improve their daily activities and overall well-being
 - The program focuses on building confidence and independence through goal setting, decision-making, and problem-solving. Participants also develop self-care skills to better manage their condition on a day-to-day basis
 - The program is offered at no cost and participants receive a textbook containing valuable information and resources for managing chronic conditions
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Living with Diabetes: Seated Exercise and Footcare

Workshop Information

60 min workshop - 30 minutes learning about footcare, 30 minutes exercise

Who it's for

Individuals at risk of diabetes who are interested in learning more about footcare and how exercise can help.

Description

Diabetes can impact nerves and blood vessels as well as the ability to heal, so feet need care and attention. Participants learn about how to do proper foot self-exams and why connecting with a provider is important. The exercise program portion is done from a chair to demonstrate how to exercise safely while receiving similar benefits to other exercise programs.



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