

October 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

Oct 2 Thurs Evening 5:30-8pm
Oct 15 Wed Afternoon 1:30-4pm

Nutrition

Oct 9 Thurs Evening 5:30-7pm
Oct 22 Wed Afternoon 1:30-3pm

Ongoing Care

Oct 16 Thurs Evening 5:30-8pm
Oct 29 Wed Afternoon 1:30-4pm

Foot Care & Seated Exercise

Oct 23 Thurs Morning 10:30-11:30am

Heart & Stroke Education

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

Overview & Prevention

Oct 9 Thu Afternoon 1:30-4pm

Nutrition

Oct 16 Thu Afternoon 1:30-4pm

Better Choices, Better Health

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

Living with Chronic Pain

Thursday Evenings 6pm—8:30pm
September 25, Oct 2, 9, 16, 23 & 30

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

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 Oct 16 Thu Morning 9:30am-12pm
1.2 Oct 23 Thu Morning 9:30am-12pm
1.3 Oct 30 Thu Morning 9:30am-12pm

Series 2

2.1 Oct 7 Tue Evening 5:30-8pm
2.2 Oct 14 Tue Evening 5:30-8pm
2.3 Oct 21 Tue Evening 5:30-8pm

Series 3

3.1 Oct 1 Wed Afternoon 1:30-4pm
Oct 28 Tue Evening 5:30-8pm
3.2 Oct 8 Wed Afternoon 1:30-4pm
Oct 14 Tue 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.

October 27 to December 3

Mondays and Wednesdays
Afternoons 1:00pm - 2:30pm
OR
Evenings 6:00pm - 7:30pm

November 4 to December 16

Tuesdays and Thursdays
Mornings 10-11:30am

Managing Stress

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

Oct 16 & 23 Thu Afternoons 1:30-2:30pm



Register for a Zoom class:

1-877-349-5711

Or

<https://www.healthylivingprogram.ca>



Primary Care
Alberta