

# June 2026

## 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

June 16 Tue Morning 9:30-12pm  
June 17 Wed Evening 5:30-8pm

#### Nutrition

June 23 Tue Morning 9:30am-11am  
June 24 Wed Evening 5:30-7pm

#### Ongoing Care

June 4 Thu Evening 5:30-8pm  
June 30 Tue Morning 9:30am-11am  
July 8 Wed Evening 5:30-8pm

#### Foot Care & Seated Exercise

Jun 25 Thu Afternoon 12-1pm

### Heart & Stroke Education

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

#### Overview & Prevention

June 23 Tue Evening 5:30-8pm

#### Nutrition

June 4 Thu Morning 9:30-11am  
July 7 Tue Evening 5:30-7pm

### Managing Stress

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

June 2 & 9 Tue Afternoons 1:30-2:30pm

### 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 June 11 Thu Afternoon 1:30-4pm  
1.2 June 18 Thu Afternoon 1:30-4pm  
1.3 June 25 Thu Afternoon 1:30-4pm

#### Series 2

2.1 Jun 3 Wed Evening 5:30-8pm  
2.2 June 17 Wed Evening 5:30-8pm  
2.3 June 10 Wed Evening 5:30-8pm

### Better Choices, Better Health

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

#### Living with Chronic Pain

Mondays June 1—July 6 1pm-3:30pm

### 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.

June 23-July 30 Tues/Thurs 10-11:30am

June 23-July 30 Tues/Thurs 1-2:30pm



Register for a Zoom class:

**1-877-349-5711**

Or

<https://www.healthylivingprogram.ca>

Help using Zoom is available!



Primary Care  
Alberta