

May 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

May 6 Tue Evening 5:30-8pm

May 15 Thurs Afternoon 1:30-4pm

Nutrition

May 1 Thurs Afternoon 1:30-3pm

May 13 Tue Evening 5:30-7pm

May 22 Thurs Afternoon 1:30-3pm

Ongoing Care

May 20 Tue Evening 5:30-8pm

May 29 Thurs Afternoon 1:30-4pm

Foot Care & Seated Exercise

May 15 Thurs Morning 10-11am

Heart & Stroke Education

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

Overview & Prevention

May 6 Tue Morning 9:30am-12pm

May 15 Thurs Evening 5:30-8pm

Nutrition

May 13 Tue Morning 9:30am-12pm

May 22 Thurs Evening 5:30-7pm

Managing Stress

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

May 13 & 20 Tue Mornings 9:30-10:30am

Help using Zoom is
available!

Weight Management

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

May 8, 15, & 22 Thurs Eves 5:30-8pm

Series 2—Classes 2.1, 2.2, & 2.3

May 6, 13 & 27 Tue Mornings 9:30-11am

Series 3—Classes 3.1 & 3.2

May 8 & 15 Thurs Afternoons 1:30-4pm

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.

Jun 9 – Jul 16 Mon & Wed Afternoons 1-2:30pm

Jun 9 – Jul 16 Mon & Wed Evenings 6-7:30pm

Better Choices, Better Health

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

Living with Chronic Conditions

May 6 - Jun 10 Tue Afternoons 1:30-4pm

Living with Chronic Pain

For those with Fibromyalgia

May 21 - Jun 25 Wednesday Mornings 10am -12pm

For anyone living with long-term pain

May 26 - Jun 30 Monday 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