

March 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

Mar 17 Tue Morning 9:30-12pm

Nutrition

Mar 5 Thu Evening 5:30-7pm

Mar 24 Tue Morning 9:30-11am

Ongoing Care

Mar 4 Wed Morning 9:30-12pm

Mar 12 Thu Evening 5:30-8pm

Mar 31 Tue Morning 9:30-12pm

Foot Care & Seated Exercise

Mar 24 Tue Evening 5:30-6:30pm

Heart & Stroke Education

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

Overview & Prevention

Mar 10 Tue Morning 9:30-12pm

Mar 19 Thu Evening 5:30-8pm

Nutrition

Mar 17 Tue Morning 9:30-11am

Mar 26 Thu Evening 5:30-7pm

Managing Stress

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

Mar 17 & 24

Tue Afternoons 1:30-2:30pm

Help using Zoom is available!

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 Mar 11 Wed Evening 5:30-8pm

1.2 Mar 18 Wed Evening 5:30-8pm

1.3 Mar 25 Wed Evening 5:30-8pm

Series 2

2.1 Mar 3 Tue Evening 5:30-8pm

2.2 Mar 10 Tue Evening 5:30-8pm

2.3 Mar 17 Tue Evening 5:30-8pm

Series 3

3.1 Mar 12 Thu Morning 9:30-12pm

3.2 Mar 19 Thu 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.

Mar 23-Apr 29 Mon/Wed 1-2:30pm

Mar 23-Apr 29 Mon/Wed 6-7:30pm

Apr 7-May 14 Tue/Thu 10-11:30am

Better Choices, Better Health

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

Living with Chronic Pain

Tuesdays - April 7 - May 12 1-3:30pm

Living with Chronic Disease

Fridays April 10 - May 15 9:30am-12pm



Register for a Zoom class:

1-877-349-5711

Or

<https://www.healthylivingprogram.ca>



Primary Care
Alberta