

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!



Register for a Zoom class:
1-877-349-5711

Or

<https://www.healthylivingprogram.ca>

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



Primary Care
Alberta