



# Nov 2024 Workshops for Adults by ZOOM

## Be Supported on your Journey to Better Health – Right from Home!

### Managing Diabetes

A 3 session workshop for those newly diagnosed with diabetes or pre-diabetes, or as a refresher for those continuing to manage diabetes.

#### Overview

Nov 5 Tue Afternoon 1:30-4pm  
Nov 14 Thurs Evening 5:30-8pm

#### Nutrition

Nov 12 Tue Afternoon 1:30-3pm  
Nov 21 Thurs Evening 5:30-7pm

#### Ongoing Care

Nov 19 Wed Afternoon 1:30-4pm  
Nov 28 Thurs Evening 5:30-8pm

#### Foot Care & Seated Exercise

Nov 21 Thurs Afternoon 1:30-2:30pm

### Heart & Stroke Education

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

#### Overview & Prevention

Nov 14 Thurs Evening 5:30-8pm  
Nov 27 Wed Afternoon 1:30-4pm

#### Nutrition

Nov 28 Thurs Evening 5:30-7pm

### Moving Matters

Discuss methods of getting moving safely and learn how this can help you. Explore what gets in your way and make a plan to get started, stay motivated and have fun.

Nov 28 Thurs Afternoon 1:30-2:30pm

**Help using Zoom is available!**

### Weight Management

Learn 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

Nov 5, 19, & 26 Tue Afternoons 1:30-4pm  
Nov 21, 28, & Dec 5 Thurs Evenings 5:30-8pm

#### Series 2—Classes 2.1, 2.2, & 2.3

Nov 5, 19, & 26 Tue Mornings 9:30-12pm

#### Series 3—Classes 3.1 & 3.2

Nov 13 & 20 Wed Evenings 5:30-8pm  
Nov 26 & Dec 3 Tue Mornings 9:30-12pm

### Supervised Exercise Program -Virtual Classes-

Exercise in a group setting with people with a variety of health conditions. -- 2 times per week, 1.5 hours/ session for 6 weeks --

#### November 14 - December 19

Tuesdays & Thursdays  
Mornings @ 10:00-11:30am

### Better Choices, Better Health

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

#### Living with Chronic Pain

Nov 5 to Dec 10 Tue Afternoons 1:30-4pm

### Managing Stress

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

Nov 6 & 13 Wed Evening 6-7pm



To register for a Zoom class call:

**1-877-349-5711**

Or

<https://www.healthylivingprogram.ca>



**Alberta Health  
Services**

Alberta Healthy Living  
Program

# Dec 2024 Workshops for Adults by ZOOM

Be Supported on your Journey to Better Health  
– Right from Home!



## Managing Diabetes

A 3 session workshop for those newly diagnosed with diabetes or pre-diabetes, or as a refresher for those continuing to manage diabetes.

### Overview

Dec 5      Thurs Morning    9:30-12pm

### Nutrition

Dec 12      Thurs Morning    9:30-11am

### Ongoing Care

Dec 19      Thurs Morning    9:30-12pm

### Foot Care & Seated Exercise

Dec 10      Tue Morning      9:30-10:30am

## Heart & Stroke Education

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

### Overview & Prevention

Dec 11      Wed Morning      9:30-12pm

### Nutrition

Dec 4      Wed Afternoon    1:30-3pm

Dec 18      Wed Morning      9:30-11am

## Managing Stress

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

Dec 9 & 16    Mon Afternoon    12-1pm

## Moving Matters

Discuss methods of getting moving safely and learn how this can help you. Explore what gets in your way and make a plan to get started, stay motivated and have fun.

Look for new classes coming up in 2025!

## Weight Management

Learn 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

Look for new classes coming up in 2025!

### Series 2—Classes 2.1, 2.2, & 2.3

Look for new classes coming up in 2025!

### Series 3—Classes 3.1 & 3.2

Dec 3, 10, & 17    Tue 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.

Look for new classes coming up in 2025!

## Better Choices, Better Health

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

### Living with a Chronic Condition

Look for new classes coming up in 2025!

### Living with Chronic Pain

Look for new classes coming up in 2025!

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