

October 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

Oct 8 Thurs Evening 5:30-8pm
Oct 20 Tue Morning 9:30-12pm

Nutrition

Oct 15 Thurs Evening 5:30-7pm
Oct 27 Tues Morning 9:30-11am

Ongoing Care

Oct 22 Thurs Evening 5:30-8pm
Nov 3 Tues Morning 9:30-12pm

Foot Care and Seated Exercise

Oct 28, Thurs Afternoon 1:30-2:30pm

Heart and Stroke

This 2-session workshop helps you lead a healthier lifestyle and reduce their risk of heart disease and stroke.

Overview and Prevention with a Registered Nurse

Oct 14, Wed Afternoon 1:30-4pm

Nutrition with a Registered Dietitian

Oct 21, Wed Afternoon 1:30-3pm

Managing Stress

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

Oct 13 & 20, Tue Morning 10:00am-11:00am

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 Oct 20 Tue Afternoons 1:30-4pm
1.2 Oct 27 Tue Afternoons 1:30-4pm
1.3 Nov 3 Tue Afternoons 1:30-4pm

Series 2

2.1 Oct 7 Wed Evenings 5:30-8pm
2.2 Oct 14 Wed Evenings 5:30-8pm
2.3 Oct 21 Wed Evenings 5:30-8pm

Series 3

3.1 Oct 28, Wed Evenings 5:30-8pm
3.2 Nov 4, Wed Evenings 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

Nov 5 – Dec 10, Thurs Afternoons 1-3:30pm
(Nov 5, 12, 19, 26, Dec 3, & 10)

Living with Chronic Disease

Nov 10 – Dec 15, Tue Evenings 6:00-8:30pm
(Nov 10, 17, 24, Dec 1, 8, 15)

Supervised Exercise Program -Virtual Classes-

This program meets 2 times per week, 1.5hrs per session for 6 weeks to exercise in a group setting with people with a variety of health conditions.

Oct 21-Dec 2 Mon/Wed class 1-2:30pm
 Mon/Wed class 6-7:30pm
Nov 3 - Dec 10 Tue/Thu class 10-11:30am

Help using Zoom is available!



Register for a Zoom class:

1-877-349-5711

Or

<https://www.healthylivingprogram.ca>



Primary Care
Alberta