

June 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

Jun 5	Wed Morning	9:30-12:00pm
Jun 5	Wed Evening	5:30-8:00pm
Jun 13	Thurs Afternoon	1:30-4:00pm

Nutrition

Jun 12	Wed Morning	9:30-11:00am
Jun 12	Wed Evening	5:30-7:00pm
Jun 20	Thurs Afternoon	1:30-3:00pm

Ongoing Care

Jun 19	Wed Morning	9:30am-12:00pm
Jun 19	Wed Evening	5:30-8:00pm
Jun 27	Thurs Afternoon	1:30-4:00pm

Heart & Stroke

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

Overview & Prevention

Jun 19	Wed Morning	9:30am-12:00pm
Jun 26	Wed Evening	5:30-8:00pm

Nutrition

Jun 19	Wed Evening	5:30-7:00pm
Jun 27	Thurs Morning	9:30-11:00am

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.

Jun 17 - Mon Morning - 9:30 - 12pm

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

Jun 25, 18, Jul 2 Tue Evening 5:30-8:00pm

Series 2—Classes 2.1, 2.2, & 2.3

Jun 4, 11, 18 Tues Afternoon 1:30-4:00pm
Jun 13, 20, 27 Thurs Morning 9:30-12:00pm

Series 3—Classes 3.1 & 3.2

Jun 5 & 12 Wed Evening 5:30-8pm
Jun 6 & 13 Thurs Afternoon 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.

June 3-July 15, Mon/Wed 1:00pm-2:30pm
June 3-July 15, Mon/Wed 6:00pm-7:30pm
June 25-Aug 1, Tues/Thurs 10am-11:30am

Managing Stress

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

June 25 & Jul 2 Tue Afternoons 1:30am-4:00pm

Better Choices, Better Health

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

Living with a Chronic Condition

July 24 - Aug 28 - Wed Mornings 9:30am - 12:00pm

Living with Chronic Pain

Jun 4 - July 9 - Tues Evenings- 6:00pm - 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