

April 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

April 3 - Wed Evening - 5:30-8:00pm
April 11 - Thurs Afternoon - 1:30-4:00pm
April 11 - Thurs Morning - 9:30am-12:00pm

Nutrition

April 10 - Wed Evening - 5:30-8:00pm
April 18 - Thurs Afternoon - 1:30-4:00pm
April 18 - Thurs Morning - 9:30-12:00pm

Ongoing Care

April 17 - Wed Evening - 5:30-8:00pm
April 25 - Thurs Afternoon - 1:30-4:00pm
April 25 - Thurs Morning - 9:30am-12:00pm

Heart & Stroke

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

Overview & Prevention

April 10 - Wed Afternoon - 1:30-4:00pm
April 25 - Thurs Evening - 5:30-8:00pm

Nutrition

April 17 - Wed Afternoon - 1:30-4:00pm

Managing Stress

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

April 8 & 15 - Mon Evening - 5:30-8:00pm

Better Choices, Better Health

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

Living with a Chronic Condition

May 8 – June 12 Thurs 1:30pm to 4:00pm

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

April 10, 17, 24 - Wed Evenings - 5:30pm-8:00pm
April 11, 18, 25 – Thurs Mornings - 9:30am-12:00pm

Series 2—Classes 2.1, 2.2, & 2.3

April 15, 22, 29 – Mon Evening - 5:30pm -8:00pm

Series 3—Classes 3.1 & 3.2

April 9 & 16 - Tues Mornings - 9:30am-12:00pm

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.

April 9- May 16 Tuesdays & Thursdays
Mornings 10:00-11:30am
Afternoons 1:00-2:30pm

CALL NOW LIMITED SPACES

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.

April 18 - Thurs Morning - 9:30-12pm

Help using Zoom is available



To register for a Zoom class call:

1-877-349-5711

Or

<https://www.healthylivingprogram.ca>



**Alberta Health
Services**

Alberta Healthy Living
Program

May 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

May 8 - Wed Morning - 9:30am-12:00pm

May 9 - Thurs Afternoon - 1:30-4:00pm

Nutrition

May 15 - Wed Morning - 9:30am-11:00am

May 16 - Thurs Afternoon - 1:30-3:00pm

Ongoing Care

May 22 - Wed Morning - 9:30am-12:00pm

May 23 - 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

May 15 - Wed Morning - 9:30am-12:00pm

May 22 - Wed Afternoon - 1:30-4:00pm

Nutrition

May 2 - Thurs Evening - 5:30-7:00pm

May 22 - Wed Morning - 9:30am-11:00am

May 30 - Thurs Afternoon - 1:30-3:00pm

Managing Stress

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

May 28 & Jun 4 - Tue Morning - 9:30am-12:00pm

Better Choices, Better Health

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

Living with a Chronic Condition

May 8 – June 12 Thurs 1:30pm to 4:00pm

Living with Chronic Pain

Jun 13 – July 18-Thurs Evening-6-8:30pm

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

May 7, 14, & 21 – Tues Afternoon - 1:30 - 4:00pm

May 9, 16, 23 – Thurs Morning - 9:30am - 12:00pm

Series 2—Classes 2.1, 2.2, & 2.3

May 1, 8, 15 – Wed Evening - 5:30 - 8:00pm

May 2, 9, 16 – Thurs Morning - 9:30am - 12:00pm

May 9, 16, 23 – Thurs Afternoon - 1:30-4:00pm

Series 3—Classes 3.1 & 3.2

May 30 & Jun 6 – Thurs Morning - 9:30am - 12:00pm

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.

May 9- May 16 Tuesdays & Thursdays
Mornings 10:00-11:30am
Afternoons 1:00-2:30pm

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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.

May 18 - Thurs Morning - 9:30-12pm

Help using Zoom is available



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**Alberta Health
Services**

Alberta Healthy Living
Program

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

Managing Stress

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

May 28 & Jun 4	Tue Morning	9:30am-12:00pm
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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
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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.

May 9- May 16	Tuesdays & Thursdays
Mornings	10:00-11:30am
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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.

May 18	Thurs Morning	9:30-12pm
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Better Choices, Better Health

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

Living with Chronic Pain

Jun 13 – July 18	Thurs Evening	6:00-8:30pm
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