

April 2025

Alberta Healthy Living Program Workshops

Be Supported on your Journey to Better Health
– Virtual classes by Zoom



Managing Diabetes

For those newly diagnosed with diabetes or pre-diabetes, or as a refresher for those living with diabetes.

Overview

Apr 2 Wed Morning 9:30-12pm
Apr 10 Thurs Evening 5:30-8pm
Apr 17 Thurs Afternoon 1:30-4pm

Nutrition

Apr 9 Wed Morning 9:30-11am
Apr 17 Thurs Evening 5:30-7pm

Ongoing Care

Apr 16 Wed Morning 9:30-12pm
Apr 24 Thurs Evening 5:30-8pm
Apr 24 Thurs Afternoon 1:30-4pm

Foot Care & Seated Exercise

May 15 Thurs Morning 10-11am

Heart & Stroke Education

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

Overview & Prevention

April 8 Tue Afternoon 1:30-4pm

Nutrition

Apr 3 Thurs Evening 5:30-7pm
April 15 Tue Afternoon 1:30-3pm

Managing Stress

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

Apr 3 & 10 Thurs Evenings 6-7pm

Moving Matters

Learn to get moving safely and how it can help you. Make a plan to get started, stay motivated and have fun.

Apr 15 Tue Morning 10-11am

Weight Management

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

Apr 8, 15, & 22 Tue Morns 9:30-12pm

Series 2—Classes 2.1, 2.2, & 2.3

Apr 10, 17, & 24 Thurs Afternoons 1:30-4pm

Series 3—Classes 3.1 & 3.2

May 8 & 15 Thurs 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.

Apr 15 - May 22, Tue/Thurs @ 10-11:30am

Better Choices, Better Health

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

Living with Chronic Conditions

May 6 - Jun 10 Tuesday Afternoons 1:30-4pm

Living with Chronic Pain

For those with Fibromyalgia

May 21 - Jun 25 Wednesday Mornings 10am -12pm

For anyone living with long-term pain

May 26 - Jun 30 Monday Evenings 6-8:30pm

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