

# April 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

Apr 8 Wed Afternoon 1:30-4pm  
Apr 14 Tue Evening 5:30-8pm

### Nutrition

Apr 15 Wed Afternoon 1:30-3pm  
Apr 21 Tue Evening 5:30-7pm

### Ongoing Care

Apr 22 Wed Afternoon 1:30-4pm  
Apr 28 Tue Evening 5:30-8pm

### Foot Care & Seated Exercise

Jun 25 Thur Afternoon 12-1pm

## Heart & Stroke Education

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

### Overview & Prevention

Apr 16 Thur Evening 5:30-8pm

### Nutrition

Apr 23 Thur Evening 5:30-7pm

## 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 7 - May 14 Tue/Thu 10-11:30am

Help using Zoom is available!

## 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 Apr 7 Tue Morning 9:30-12pm  
May 6 Wed Evening 5:30-8pm

1.2 Apr 14 Tue Morning 9:30-12pm

1.3 Apr 21 Tue Morning 9:30-12pm

### Series 2

2.1 Apr 7 TUE Evening 5:30-8pm  
Apr 28 Tue Morning 9:30-12pm

2.2 Apr 15 Wed Evening 5:30-8pm

2.3 Apr 22 Wed Evening 5:30-8pm

### Series 3

3.1 May 20 Wed Evening 9:30-12pm

3.2 May 27 Wed Evening 9:30-12pm

## Managing Stress

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

Apr 15 & 29 Wed Evenings 5:30-6:30pm

May 5 & 12 Tue Afternoons 1:30-2:30pm

## Better Choices, Better Health

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

### Living with Chronic Pain

Tuesdays - April 7 - May 12 1-3:30pm

### Living with Chronic Disease

Fridays - April 10 - May 15 9:30am-12pm



Register for a Zoom class:

**1-877-349-5711**

Or

<https://www.healthylivingprogram.ca>



Primary Care  
Alberta