

# March 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 their diabetes.

### Overview

Mar 7	Thurs	9:30am to 12:00pm
Mar 7	Thurs	5:30pm to 8:00pm
Mar 12	Tue	1:30pm to 4:00pm

### Nutrition

Mar 14	Thurs	9:30am to 11:00am
Mar 14	Thurs	5:30pm to 7:00pm
Mar 19	Tue	1:30pm to 3:00pm

### Ongoing Care

Mar 21	Thurs	9:30am to 12:00pm
Mar 21	Thurs	5:30pm to 8:00pm
Mar 26	Tue	1:30pm to 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

Mar 5	Tue	1:30pm to 3:00pm
Mar 14	Thurs	5:30pm to 7:00pm
Mar 20	Wed	9:30am to 11:00am

### Nutrition

Mar 12	Tue	1:30pm to 3:00pm
Mar 21	Thurs	5:30pm to 7:00pm
Mar 27	Wed	9:30am to 11:00am

## Managing Stress

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

Mar 12 & 19	Tue	1:30pm to 4:00pm
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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.

Mar 13	Wed	1:30pm to 4:00pm
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## Weight Management

Learn effective weight management strategies and how to build healthier habit. Understand ways that thinking patterns, sleep, physical activity and nutrition impact your goals.

### Series 1—Classes 1.1, 1.2, & 1.3

Mar 4, 11, & 18	Mon	5:30pm to 8:00pm
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### Series 2—Classes 2.1, 2.2, & 2.3

Mar 5, 12, & 19	Tue	9:30am to 12:00pm
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### Series 3—Classes 3.1 & 3.2

Mar 5 & 12	Tue	9:30am to 12:00pm
Mar 6 & 13	Wed	5:30pm to 8:00pm

## 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.

Mar 18- April 24	Mondays & Wednesdays	Afternoons 1:00-2:30pm	Evenings 6:00-7:30pm
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April 9- May 16	Tuesdays & Thursdays	Mornings 10:00-11:30am	Afternoons 1:00-2:30pm
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## Better Choices, Better Health

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

### Living with a Chronic Condition

Mar 14 – Apr 18	Thurs	6:00pm to 8:30pm
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### Living with Chronic Pain

Feb 7 to Mar 13	Wed	6:00pm to 8:30pm
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## Getting to know COPD

March 6	Tues	10:30am to 12:00pm
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To register for a Zoom class call:

**1-877-349-5711**

Or

<https://www.healthylivingprogram.ca>



**Alberta Health  
Services**

Alberta Healthy Living  
Program

# 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 their diabetes.

### Overview

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

### Nutrition

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

### Ongoing Care

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

## 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 - 1:30-4pm  
April 25 - Thurs Evening - 5:30-8pm

### Nutrition

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

## Managing Stress

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

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

## Better Choices, Better Health

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

### Living with a Chronic Condition

Mar 14 – Apr 18 Thurs 6:00pm to 8:30pm

## Weight Management

Learn effective weight management strategies and how to build healthier habit. Understand ways that thinking patterns, sleep, physical activity and nutrition impact your goals.

### Series 1—Classes 1.1, 1.2, & 1.3

Apr 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 Evenings - 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.

Mar 18- April 24 Mondays & Wednesdays  
Afternoons 1:00-2:30pm  
Evenings 6:00-7:30pm

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

## 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:

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