

December 2025 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

Dec 3 Wed Morning 9:30-11am

Nutrition

Dec 10 Wed Morning 9:30-11am

Ongoing Care

Dec 17 Wed Morning 9:30-11am

Foot Care & Seated Exercise

Check back in January

Heart & Stroke Education

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

Overview & Prevention

Dec 10 Wed Afternoon 1:30-4pm

Nutrition

Dec 4 Thur Morning 9:30-12pm

Dec 17 Wed Afternoon 1:30-4pm

Managing Stress

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

Dec 9 & 16 Tue Mornings 9:30-10:30am

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 New Class in January

1.2 Dec 3 Wed Evening 5:30-8pm

1.3 Dec 10 Wed Evening 5:30-8pm

Series 2

2.1 New Class in January

2.2 New Class in January

2.3 Dec 4 Thu Morning 9:30-12pm

Series 3

3.1 Dec 11 Thu Morning 9:30-12pm

3.2 Dec 18 Thu Morning 9:30-12pm

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.

New classes starting January 2026
Let us know you are interested by
completing the registration form!

Better Choices, Better Health

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

Living with Chronic Pain

New classes coming January

Living with Chronic Disease

New classes coming January

Help using Zoom is available!



Register for a Zoom class:

1-877-349-5711

Or

<https://www.healthylivingprogram.ca>



Primary Care
Alberta