

November 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

Nov 12,	Thu Afternoon	1:30-4pm
Nov 25,	Wed Evening	5:30-8pm
Dec 1,	Dec Morning	9:30-12pm

Nutrition

Nov 19,	Thurs Afternoon	1:30-3pm
Dec 2,	Wed Evening	5:30-7pm

Ongoing Care

Nov 3,	Tues Morning	9:30-12pm
Nov 26,	Thurs Afternoon	1:30-4pm

Heart and Stroke

This 2-session workshop helps you lead a healthier lifestyle and reduce their risk of heart disease and stroke.

Overview and Prevention

Nov 19	Thurs Evening	5:30-8pm
Dec 8	Tue Morning	9:30-12pm

Nutrition

Nov 26	Thurs Evening	5:30-7pm
Dec 15	Tue Morning	9:30-11am

Moving Matters

Explore what gets in your way and make a plan to get started, stay motivated and have fun.

Nov 17	Tue Morning	9:30am-10:30am
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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	Nov 18	Wed Evenings	5:30-8pm
1.2	Nov 25	Wed Evenings	5:30-8pm
1.3	Nov 3	Tue Afternoons	1:30-4pm
1.3	Dec 2	Wed Evenings	5:30-8pm

Series 2

2.1	Nov 10	Tue Afternoons	1:30-4pm
2.2	Nov 17	Tue Afternoons	1:30-4pm
2.3	Nov 24	Tue Afternoons	1:30-4pm

Series 3

3.1	Dec 1	Tue Afternoons	1:30-4pm
3.2	Nov 4	Wed Evenings	5:30-8pm
	Dec 8	Tue Afternoons	1:30-4pm

Better Choices, Better Health

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

Living with Chronic Pain

Nov 5 – Dec 10, Thurs Afternoons 1:00-3:30pm

Living with Chronic Disease

Nov 10 – Dec 15 Tue Evenings 6:00-8:30pm

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.

Nov 3 - Dec 10 Tuesday/Thursday class
10-11:30am

Help using Zoom is available!



Register for a Zoom class:

1-877-349-5711

Or

<https://www.healthylivingprogram.ca>



Primary Care
Alberta