



Nov 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 diabetes.

Overview

Nov 5 Tue Afternoon 1:30-4pm
Nov 14 Thurs Evening 5:30-8pm

Nutrition

Nov 12 Tue Afternoon 1:30-3pm
Nov 21 Thurs Evening 5:30-7pm

Ongoing Care

Nov 19 Wed Afternoon 1:30-4pm
Nov 28 Thurs Evening 5:30-8pm

Foot Care & Seated Exercise

Nov 21 Thurs Afternoon 1:30-2:30pm

Heart & Stroke Education

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

Overview & Prevention

Nov 14 Thurs Evening 5:30-8pm
Nov 27 Wed Afternoon 1:30-4pm

Nutrition

Nov 28 Thurs Evening 5:30-7pm

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.

Nov 28 Thurs Afternoon 1:30-2:30pm

Help using Zoom is available!

Weight Management

Learn 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

Nov 5, 19, & 26 Tue Afternoons 1:30-4pm
Nov 21, 28, & Dec 5 Thurs Evenings 5:30-8pm

Series 2—Classes 2.1, 2.2, & 2.3

Nov 5, 19, & 26 Tue Mornings 9:30-12pm

Series 3—Classes 3.1 & 3.2

Nov 13 & 20 Wed Evenings 5:30-8pm
Nov 26 & Dec 3 Tue Mornings 9:30-12pm

Supervised Exercise Program -Virtual Classes-

Exercise in a group setting with people with a variety of health conditions. -- 2 times per week, 1.5 hours/ session for 6 weeks --

November 14 - December 19

Tuesdays & Thursdays
Mornings @ 10:00-11:30am

Better Choices, Better Health

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

Living with Chronic Pain

Nov 5 to Dec 10 Tue Afternoons 1:30-4pm

Managing Stress

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

Nov 6 & 13 Wed Evening 6-7pm



To register for a Zoom class call:

1-877-349-5711

Or

<https://www.healthylivingprogram.ca>



**Alberta Health
Services**

Alberta Healthy Living
Program