

January 2025 Workshops Alberta Healthy Living Program

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 as a refresher for those living with diabetes.

Overview

Jan 14	Tue Afternoon	1:30-4pm
Jan 22	Wed Morning	9:30-12pm

Nutrition

Jan 21	Tue Afternoon	1:30-3pm
Jan 29	Wed Morning	9:30-11am

Ongoing Care

Jan 28	Tue Afternoon	1:30-4pm
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Foot Care & Seated Exercise

Jan 14	Tues Morning	9:30-10:30am
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Heart & Stroke Education

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

Overview & Prevention

Jan 7	Tues Afternoon	1:30-4pm
Jan 30	Thurs Evening	5:30-8pm

Nutrition

Jan 14	Tues Afternoon	1:30-3pm
Feb 6	Thurs Evening	5:30-7pm

Managing Stress

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

Jan 9 & 16	Thurs Afternoons	1:30-2:30pm
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Moving Matters

Learn to get moving safely and how it can help you. Make a plan to get started, stay motivated and have fun.

Jan 30	Thurs Afternoon	1:30-2:30pm
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Weight Management

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

Jan 9, 16, & 23	Thursday	9:30am-12pm
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Series 2—Classes 2.1, 2.2, & 2.3

Jan 8, 15, & 22	Wednesday	5:30-8pm
Jan 30, Feb 6, & 13	Thursday	9:30am-12pm

Series 3—Classes 3.1 & 3.2

Jan 7 & 14	Tuesday	1:30-4pm
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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.

Jan 13 - Feb 24, Mon/Wed @ 1-2:30pm
Jan 13 - Feb 24, Mon/Wed @ 6-7:30pm
Feb 4 - Mar 13, Tue/Thurs @ 10-11:30am

Better Choices, Better Health

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

Living with a Chronic Condition

Feb 25 - Apr 1	Tue Mornings	9:30am-12pm
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Living with Chronic Pain

Jan 15 - Feb 19	Wed Evenings	6-8:30pm
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Help using Zoom is available!



To register for a Zoom class call:

1-877-349-5711

Or

<https://www.healthylivingprogram.ca>



**Alberta Health
Services**

Alberta Healthy Living
Program