

# February 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 a refresher for those living with diabetes.

### Overview

Feb 4	Tue Evening	5:30pm-8pm
Feb 11	Tue Morning	9:30-12pm

### Nutrition

Feb 11	Tue Evening	5:30-7pm
Feb 18	Tue Morning	9:30-11am

### Ongoing Care

Feb 5	Wed Morning	9:30-12pm
Feb 18	Tue Evening	5:30pm-8pm
Feb 25	Tue Morning	9:30-12pm

### Foot Care & Seated Exercise

Feb 20	Thurs Afternoon	1:30-2:30pm
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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

Feb 13	Thurs Morning	9:30-12pm
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### Nutrition

Feb 6	Thurs Evening	5:30-7pm
Feb 20	Thurs Morning	9:30-11am

## Managing Stress

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

Feb 4 & 11	Tue Mornings	9:30-10:30am
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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

Feb 5, 12, & 19	Wednesday	5:30pm-8pm
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### Series 2—Classes 2.1, 2.2, & 2.3

Feb 26, Mar 5, & 12	Wednesday	5:30pm-8pm
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### Series 3—Classes 3.1 & 3.2

Mar 6 & 13	Thursday	9:30-12pm
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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.

Feb 4 - Mar 13, Tue/Thurs @ 10-11:30am

Feb 4 - Mar 13, Tue/Thurs @ 1-2:30pm

Mar 24 - Apr 30, Mon/Wed @ 1-2:30pm

Mar 24 - Apr 30, Mon/Wed @6-7:30pm

## 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

Feb 6 - Mar 13	Thurs Afternoons	1:30-4pm
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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