

September 2023 Workshops for Adults by ZOOM

Morning, afternoon or evening classes available. Classes are 2.5 hours long

Weight Management

Learn effective weight management; how to build healthier habits, and the ways that thinking patterns, sleep, physical activity, and nutrition impact your goals.

Series 1

Tues Sept 5, 12, & 19- 9:30am-12pm
Wed Sept 13, 27, & Oct 4- 5:30pm-8pm
Thurs Sept 14, 21, & 28- 1:30pm-4pm
Thurs Sept 28, Oct 5, & 12- 5:30pm-8pm

Series 2

Mon Sept 11, 18, & 25 - 5:30pm-8pm

Series 3

Wed Sept 19 & 26 - 5:30pm-8pm
Thurs Sept 28 & Oct 5- 9:30am-12pm

Heart & Stroke
Managing Blood Pressure & Cholesterol; how to manage your risks for heart disease and stroke.

Overview & Prevention

Thursday Sept 7 - 9:30am-12pm
Tuesday Sept 12 - 5:30pm-8pm
Monday Sept 18 - 1:30pm-4pm
Wednesday Sept 27 - 5:30pm-8pm

Nutrition for Heart & Stroke Health

Thursday Sept 14 - 9:30am-12pm
Tuesday Sept 19 - 5:30pm-8pm
Monday Sept 25 - 1:30pm-4pm

Better Choices Better Health® for Chronic Pain

Learn about pain and things you can do to live better. 6 class workshop.

Tuesday Evenings
for 6 weeks

Sept 20- Oct 25
6:00pm - 8:30pm

Managing Diabetes

A 3 session workshop for those newly diagnosed with diabetes or pre-diabetes, as well as a refresher for those continuing to manage their diabetes.

Overview

Sept 8 – Fri Morning - 9:30am-12pm
Sept 12 - Tue Afternoon - 1:30pm-4pm
Sept 14 - Thurs Evening - 5:30pm-8pm
Sept 20 - Wed Evening - 5:30pm-8pm

Nutrition

Sept 15 - Fri Morning - 9:30am-12pm
Sept 19 - Tue Afternoon - 1:30pm-4pm
Sept 21 - Thurs Evening - 5:30pm-8pm
Sept 27 - Wed Evening - 5:30pm-8pm

Living with Diabetes

Sept 22 - Fri Morning - 9:30am-12pm
Sept 26 - Tue Afternoon - 1:30pm-4pm
Sept 28 - Thurs Evening - 5:30pm-8pm

Managing Stress

A 2 part series learning techniques to reduce, prevent & cope with stress
Sept 14 & 21 - Thurs Afternoons - 1:30pm-4pm

Better Choices Better Health®

Take control of your health, feel better, take small steps, and plan for the future. 6 class workshop.

More class dates coming soon!

Moving Matters

Learn to exercise safely, overcome barriers and stay motivated. Set a goal and get started!

Sept 21 - Thurs Afternoon 1pm – 3:30pm

Understanding COPD

Understand what COPD is and how you can manage well and continue to live your best life

Sept 13 - Wed afternoon - 1:30pm-3pm

Supervised Exercise - done virtually!

2 times per week, 1.5 hours session, for 6 weeks.
September 5-October 12, Mornings or Afternoons

[Register Here](#)

Be Supported on your Journey to Better Health – right from Home!

To register for a Zoom class call: **1-877-349-5711**
Or <https://www.healthylivingprogram.ca>

