

March 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 their diabetes.

Overview

Mar 7	Thurs	9:30am to 12:00pm
Mar 7	Thurs	5:30pm to 8:00pm
Mar 12	Tue	1:30pm to 4:00pm

Nutrition

Mar 14	Thurs	9:30am to 11:00am
Mar 14	Thurs	5:30pm to 7:00pm
Mar 19	Tue	1:30pm to 3:00pm

Ongoing Care

Mar 21	Thurs	9:30am to 12:00pm
Mar 21	Thurs	5:30pm to 8:00pm
Mar 26	Tue	1:30pm to 4:00pm

Heart & Stroke

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

Overview & Prevention

Mar 5	Tue	1:30pm to 3:00pm
Mar 14	Thurs	5:30pm to 7:00pm
Mar 20	Wed	9:30am to 11:00am

Nutrition

Mar 12	Tue	1:30pm to 3:00pm
Mar 21	Thurs	5:30pm to 7:00pm
Mar 27	Wed	9:30am to 11:00am

Managing Stress

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

Mar 12 & 19	Tue	1:30pm to 4:00pm
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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.

Mar 13	Wed	1:30pm to 4:00pm
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Weight Management

Learn effective weight management strategies and how to build healthier habit. Understand ways that thinking patterns, sleep, physical activity and nutrition impact your goals.

Series 1—Classes 1.1, 1.2, & 1.3

Mar 4, 11, & 18	Mon	5:30pm to 8:00pm
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Series 2—Classes 2.1, 2.2, & 2.3

Mar 5, 12, & 19	Tue	9:30am to 12:00pm
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Series 3—Classes 3.1 & 3.2

Mar 5 & 12	Tue	9:30am to 12:00pm
Mar 6 & 13	Wed	5:30pm to 8:00pm

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.

Mar 18- April 24	Mondays & Wednesdays
Afternoons	1:00-2:30pm
Evenings	6:00-7:30pm

April 9- May 16	Tuesdays & Thursdays
Mornings	10:00-11:30am
Afternoons	1:00-2:30pm

Better Choices, Better Health

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

Living with a Chronic Condition

Mar 14 – Apr 18	Thurs	6:00pm to 8:30pm
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Living with Chronic Pain

Feb 7 to Mar 13	Wed	6:00pm to 8:30pm
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Getting to know COPD

March 6	Tues	10:30am to 12:00pm
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To register for a Zoom class call:

1-877-349-5711

Or

<https://www.healthylivingprogram.ca>



**Alberta Health
Services**

Alberta Healthy Living
Program