

# September 2025 Alberta Healthy Living Program Workshops

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

Sep 10	Wed Morning	9:30am– 12pm
Sep 11	Thu Evening	5:30– 8pm

### Nutrition

Sep 17	Wed Morning	9:30am– 11am
Sep 18	Thu Evening	5:30– 7pm

### Ongoing Care

Sep 24	Wed Morning	9:30am– 12pm
Sep 25	Thu Evening	5:30– 8pm

### Foot Care & Seated Exercise

Sep 24	Wed Evening	7:00– 8:00pm
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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

Sep 9	Tue Evening	5:30– 8pm
Sep 24	Wed Morning	9:30am– 12pm

### Nutrition

Sep 12	Tue Evenings	5:30– 7pm
Oct 1	Wed Morning	9:30am– 12pm

## Managing Stress

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

Sep 24 & Oct 1 Wed Evenings 5:30– 6:30pm

Help using Zoom is available!

## Weight Management

Build healthier habits. Understand ways that thinking patterns, sleep, physical activity and nutrition impact your goals.

See website for Individual Class Descriptions

### Series 1

1.1	Tue	Sep 9	5:30pm– 8pm
1.2	Tue	Sep 16	5:30pm– 8pm
1.3	Tue	Sep 23	5:30pm– 8pm

### Series 2

2.1	Wed	Sep 3	1:30– 4pm
2.2	Wed	Sep 10	1:30– 4pm
2.3	Wed	Sep 17	1:30– 4pm

### Series 3

3.1	Tue	Aug 26	9:30am– 12pm
3.2	Tue	Sep 2	9:30am– 12pm

## 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.

Tuesdays and Thursdays

Sep 9– Oct 21

Morning sessions 10-11:30 am

Afternoon Sessions 1-2:30pm

## Better Choices, Better Health

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

### Living with Chronic Pain

Wednesday Afternoons 1pm – 3:30pm  
September 10, 17, 24, October 1, 8, & 15

Thursday Evenings 6 pm - 8:30pm  
September 25, October 2, 9, 16, 23 & 30

### Living with Chronic Disease

Wednesday Evenings 6–8:30 pm  
November 5, 12, 19, 26, December 3 & 10



Register for a Zoom class:

**1-877-349-5711**

Or

<https://www.healthylivingprogram.ca>



Primary Care  
Alberta