

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