

# January 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, as well as a refresher for those continuing to manage their diabetes.

### Overview

Jan 9 Tue 5:30pm to 8:00pm  
Jan 11 Thurs 9:30am to 12:00pm  
Jan 17 Wed 1:30pm to 4:00pm

### Nutrition

Jan 16 Tue 5:30pm to 7:00pm  
Jan 18 Thurs 9:30am to 11:00am  
Jan 24 Wed 1:30pm to 3:00pm

### Ongoing Care

Jan 23 Tue 5:30pm to 8:00pm  
Jan 25 Thurs 9:30am to 12:00pm  
Jan 31 Wed 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

Jan 10 Wed 9:30am to 11:00am  
Jan 15 Mon 5:30pm to 7:00pm  
Jan 18 Thurs 1:30pm to 3:00pm

### Nutrition

Jan 17 Wed 9:30am to 11:00am  
Jan 22 Mon 5:30pm to 7:00pm  
Jan 25 Thurs 1:30 to 3:00pm

## Managing Stress

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

Jan 11 & 18 Thurs 5:30pm to 8:00pm

## 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

Jan 16, 23, & 30 Tue 9:30am to 12:00pm  
Jan 17, 24, & 31 Wed 5:30pm to 8:00pm  
Jan 18, 25, & Feb 1 Thurs 1:30pm to 4:00pm

## 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.

Jan 25 Thurs 9:30am to 12:00pm

## 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.

Jan 8 to Feb 14 Mon/Wed 1:00pm to 2:30pm  
Jan 8 to Feb 14 Mon/Wed 6:00 to 7:30pm

Jan 30 to Mar 7 Tue/Thurs 10:00am to 11:30am  
Jan 30 to Mar 7 Tue/Thurs 1:00pm to 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

Jan 16 to Feb 20 Tue 1:30pm to 4:00pm

### Living with Chronic Pain

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



To register for a Zoom class call:

**1-877-349-5711**

Or

<https://www.healthylivingprogram.ca>



**Alberta Health  
Services**

Alberta Healthy Living  
Program