

August 2023 Workshops for Adults by ZOOM

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

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

Aug 1 - Tue Evening - 5:30pm-8pm
Aug 17 - Thurs Morning - 9:30am-12pm

Nutrition

Aug 3 - Thurs Morning - 9:30am-12pm
Aug 15 - Tue Evening - 5:30pm-8pm
Aug 31 - Thurs Morning - 9:30am-12pm

Living with Diabetes

Aug 8 - Tue Evening - 5:30pm-8pm
Aug 24 - Thurs Morning - 9:30am-12pm

Heart & Stroke

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

Overview & Prevention

Aug 3 - Thurs Afternoon
1:30pm-4pm

Aug 15 - Tue Morning
9:30am-12pm

Nutrition

Aug 10 - Thurs Afternoon
1:30pm-4pm

Aug 22 - Tue Morning
9:30am-12pm

Better Choices Better Health® workshop for Chronic Pain

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

July 20 to Aug 24
Thurs Evenings
6 pm to 8:30 pm

More classes to be determined

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

Aug 2, 9, & 16 - Wed Afternoons - 1:30pm-4pm
Aug 10, 17, 24 - Thurs Mornings - 9:30am-12pm

Series 2

Aug 9, 16, & 23 - Tue Mornings - 9:30am-12pm

Series 3

Aug 1 & 8 - Tue Mornings - 9:30am-12pm

Managing Stress

A 2 part series learning techniques to reduce, prevent & cope with stress

Aug 15 & 22
Tue 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.

July 12 to Aug 16
Wed Mornings - 9:30am-12pm

Moving Matters

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

Aug 8 - Tue Afternoon - 1:30pm-4pm

Understanding COPD

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

Classes coming soon!

Supervised Exercise - done virtually!

2 times per week, 1.5 hours session, for 6 weeks.
August 14-September 25, Afternoons or Evenings

[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>

