

May - December 2025

**Alberta Healthy
Living Program
Edmonton Zone**

Chronic Disease Management (CDM) Education for Healthcare Professionals

Our workshops support community, health and social service providers in learning values, knowledge and skills - beginning and advanced - in Chronic Disease & Self-Management.

Workshops are interactive, with cameras on, using the Zoom platform.

NOTE: in-person and/or “closed” team-based workshops available.

Workshops are facilitated by health professionals who work in their specialized areas, and may include: registered nurses, dietitians, psychologists, behavioral consultants along with other expert health providers or consultants.

To Register* — Email: CDM.ProviderTraining@ahs.ca

For further information, advice and support for....

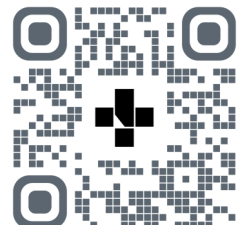
- Diabetes provider workshops or case management,**
- Adult Weight Management (WM) workshops or advice,**
- Training to lead or enroll people into evidence-based **Better Choices, Better Health® (BCBH®)** programs**

....Call: 825-404-7460

***some of the CDM-delivered, and related workshops here, have other specific registration steps — see options on the pages for each workshop**



Chronic Disease
Management
Edmonton Zone



Alberta Health Services Alberta Healthy and Living Chronic Disease Management (CDM) offers no-cost workshops to build capacity and skills with community and ambulatory care providers. These workshops are designed to provide evidence-based information and practical tools for clinics, community and primary care providers in Edmonton Zone, who are committed to practicing patient-centred care and who:

- Are newer to their role in CDM or Primary Care (Foundational),
- Desire a refresher or updates in a specific area (Focused),
- Are starting a different clinical role or want advanced learning in a field of practice (Specialized)

To identify which workshops might fit your learning needs see information below, or you can also ask for our Self-Assessment Guide by sending an email to:
CDM.ProviderTraining@ahs.ca



Improving the Patient Experience When Managing Chronic Disease (CDM 101)

According to Stats Canada, 73% of Canadians 65 years and older have at least one chronic disease. Not shocked yet? How about 45% of Canadians 18 years and older have one or more chronic diseases. Although you may not work directly in chronic disease, it's likely your patients are managing a chronic disease and so this workshop is for you!

You will gain foundational knowledge, skills, and resources to improve the patient experience while optimizing collaboration and teamwork. This is a two-part workshop offered to anyone working within the Edmonton Zone (clinicians, administrators, support staff alike). Attending both parts of the workshop is required.

Part One – Self-Paced Online Module: You get immediate access to an on-demand site. You work through a module to build understanding of an evidence-based CDM approach.

Length of online module: three hours.

Part Two – Live, Interactive Skill-Building Session: This live, interactive session is your opportunity to practice your skills. You will build on the understandings from the online module. You must register in Part One before registering in Part Two.

Length of session: three hours.

Submit Registrations to: CDM.ProviderTraining@ahs.ca

1. Register in Part One and receive immediate access to the online module.
2. Register in Part Two and attend a live session on one of the following dates:

Session Date	Day	Time	Location
June 10, 2025	Tuesday	8:30 am to 12:00 pm	Zoom
August 25, 2025	Monday	8:30 am to 12:00 pm	Zoom
October 7, 2025	Tuesday	8:30 am to 12:00 pm	Zoom
December 11, 2025	Thursday	8:30 am to 12:00 pm	Zoom

HealthChange® Methodology — Applying Person-Centered Care

HealthChange® Methodology (HCM) you will learn evidence-based, person-centred approaches to foster client engagement, to apply to settings or encounters where clients or patients are required to take action to improve their health and quality of life.

You are supported in addressing client readiness for change.

This workshop is one part of a **four-part learning series** on HCM.

1. E-Module 1: Introduction to HealthChange
2. E-Module 2: Health Literacy
3. E-Module 3: Goal Setting
4. Two Live, Virtual Workshops, one week apart (Camera and microphone required and you must attend *both parts* of the live workshop).

***Note the completion of all three modules is a prerequisite for live workshop registration.**

To complete e-Modules and register for the workshop:

- **AHS staff** - Go to MyLearningLink to complete the e-modules and register for an available workshop. Use the search term “HealthChange.”
- **Other Health Service Providers** -
Go to the HealthChange® Online Learning Environment (<http://healthchangealberta.ca/login/index.php>), create an account and complete the e-modules.
Once you have completed the three e-modules please email Edmontonzone.healthchange@ahs.ca to register for an available workshop.

Session Dates The following workshops are open to ALL Edmonton Zone staff	Day	Time	Location
June 17 & 24, 2025	Tuesdays	1:00 pm to 4:30 pm	Zoom
July 30 & August 6, 2025	Wednesdays	8:30 am to 12:00 pm	Zoom
September 18 & 25, 2025	Thursday	8:30 am to 12:00 pm	Zoom
November 18 & 25, 2025	Tuesday	8:30 am to 12:00 pm	Zoom

How to Create an Inclusive Environment for Clients and Colleagues

Length: Half Day

Have you noticed unfair treatment or subtle biases and wondered what you could do about it? Do you want to learn how to make your community or workplace more inclusive? This workshop is designed to help you take action. We'll explore questions like: What can I do when I see someone **being treated** unfairly?" How do small, everyday biases affect our relationships?"

Whether you're new to these topics or have been involved in equity work for years, this workshop offers something for everyone.

Session Dates	Days	Times	Locations
TBD			

How to be an Effective Ally

Are you looking for ways to support others and stand up against injustice? This workshop is your guide to becoming a more effective ally in your workplace, community, and beyond. We'll explore questions like: "How can I speak up when I see something wrong without making things worse?" "What can I do when I see someone being treated unfairly?" "Whether you're new to these topics or have been involved in equity work for years, this workshop offers something for everyone.

***Please note:** This workshop is for people in **Edmonton and area. Participants must attend the full workshop and be on camera in Zoom.**

Session Date	Day	Time	Location
TBD			



Health Literacy: The Basics

Topics include:

Length: 3.5 Hours

This fun and engaging workshop explores the impact that health literacy skills have on the patient's experience with health care. You will learn about the scope of health literacy, the impact health literacy has on your practice, and the role that you play in helping to support health literacy, including the role of clear communication between provider and patient.

Session Dates	Days	Times	Locations
July 3, 2025	Thursday	8:30 am to 12:00 pm	Zoom
September 8, 2025	Monday	8:30 am to 12:00 pm	Zoom
October 28, 2025	Tuesday	8:30 am to 12:00 pm	Zoom
December 10, 2025	Wednesday	8:30 am to 12:00 pm	Zoom

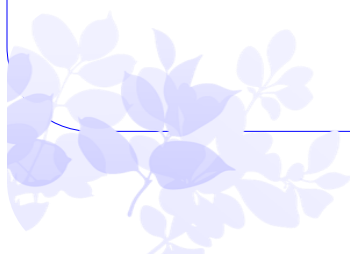
Health Literacy: Plain Language Practice Session

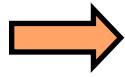
Topics include:

Length: 2.5 Hours

Many of us know that plain language is important when communicating in health care, but how do we actually do it? In this practice session, you will have opportunities to build plain language skills through fun communication activities and resource exploration.

Session Dates	Days	Times	Locations
July 22, 2025	Tuesday	9:00 am to 11:30 am	Zoom
September 24, 2025	Wednesday	9:00 am to 11:30 am	Zoom
November 13, 2025	Thursday	9:00 am to 11:30 am	Zoom





Health Literacy: Document Design Practice Session

Topics include:

Length: 2.5 Hours

In this practice session, you will learn basic document design principles that support health literacy and make education more usable for patients. Bring your written document and/or visual presentation to this hands-on workshop where you will have opportunities to edit and refine your education to be more readable and easily understood.

Session Dates	Days	Times	Locations
August 11, 2025	Monday	9:00 am to 11:30 am	Zoom
October 8, 2025	Wednesday	9:00 am to 11:30 am	Zoom
November 27, 2025	Thursday	9:00 am to 11:30 am	Zoom



Service Coordination Skills

Length: Half day

Are you interested in improving your client's experience and meeting their priorities?

Do you work with clients and communities who face challenges in accessing and navigating their health and wellness?

Do you want to learn more about a service coordination approach to support your clients with complex care needs?

We will work together to build a shared understanding of service coordination. Your participation will support working with your clients, communities and other organizations.

This workshop is for you if you:

- Want to learn more about who may benefit from service coordination
- Want support with having conversations with clients
- Are interested in trying out a guided approach for service coordination
- Are looking to network with others in health and community services

Please note: This workshop is intended for front line staff and leaders who support clients and communities experiencing complex challenges and circumstances in accessing and navigating care.

Submit Registrations (or make inquiries) to: CDM.ProviderTraining@ahs.ca

Session Dates	Days	Times	Locations
October 17, 2025	Friday	9:00 am to 12:00 pm	Zoom



Virtual Group Facilitation

Length: Full Day

Are you interested in improving your facilitation skills? This workshop is for you if you are a community, social or health care provider and:

- You lead group education directly with patients and community members
- You lead group education for health/social providers who directly support patients
- You are ready to reflect on and stretch your facilitation comfort zone
- You are focused on improving learning experiences and outcomes

In this workshop we will work together to build facilitation skills that support your delivery of effective education in both in-person and virtual settings. P.S. We will have fun, too!

What this workshop is:

- Exposure to and observation of facilitation techniques and virtual strategies
- An interactive workshop
- An opportunity to practice facilitation techniques
- An opportunity to practice virtual strategies

What this workshop is not:

- A full day of PowerPoint presentation
- A passive learning experience
- A lecture about facilitation techniques
- A full zoom tutorial (but we will share some great resources for that)

***Please note:** This workshop is for providers located in Edmonton Zone. Participants must attend the full day and be on camera in Zoom.

***Note:** This is a “flipped” design course. There will be some pre-workshop material that you will be expected to review before attending. We are reserving the first hour of the workshop (from 8:00 a.m. to 9:00 a.m.) for you to review the information. You could also review it ahead of the workshop date if you prefer. The real-time workshop in Zoom starts at 9:00 a.m.

Audience Description: Anyone delivering virtual group education to clients with health-related needs. **Submit Registrations to:** CDM.ProviderTraining@ahs.ca

Session Dates	Day	Time	Location
September 11, 2025	Thursday	8:00 am to 4:15 pm	Zoom
October 24, 2025	Friday	8:00 am to 4:15 pm	Zoom
December 16, 2025	Tuesday	8:00 am to 4:15 pm	Zoom



In-Person Group Facilitation

Full Day

Length:

Are you interested in improving your in-person facilitation skills? This workshop is for you if you are a health care or social care provider and:

- you lead group education directly with patients and community members
- you lead group education for health/social providers who directly support patients
- you are ready to reflect on and stretch your facilitation comfort zone
- you are focused on improving learning experiences and outcomes

In this workshop we will work together to build facilitation skills that support your delivery of effective education. P.S. We will have fun, too!

What this workshop is:

- exposure to and observation of facilitation techniques
- an interactive workshop
- an opportunity to practice facilitation techniques

What this workshop is not:

- A full day of PowerPoint presentation
- A passive learning experience
- A lecture about facilitation techniques
-

***Please note:** This workshop is for **providers located in Edmonton Zone**. It is a “flipped design” course. There is an online module that you must complete before attending the live, in-person course. We have scheduled the workshop from 8:00 a.m. to 4:15 p.m., but the first hour is built-in time for you to complete the online module if you haven’t completed it prior to the workshop date. The live, in-person workshop starts at 9:00 a.m.

Submit Registrations to: CDM.ProviderTraining@ahs.ca

* Closed workshops for teams available upon request

Cardiovascular Risk

Length: Half Day

In this half-day provider education session you will learn how interprofessional health providers are involved in supporting people impacted by cardiovascular risk factors and disease.

Topics Include:

- Cardiac risk profile and associated screening
- Assessment of hypertension and dyslipidemia
- Treatment targets for hypertension and dyslipidemia
- Treatment approaches to hypertension and dyslipidemia, focusing on drug therapy

***Please note:** There is a pre-workshop mini course that you will be expected to complete before attending: **Virtual Course on accurate automated blood pressure measurement (2020)**. This information will not be covered during the live session. You will achieve a printable course certificate for your records. We are reserving the first 30 minutes of the workshop (from 1:00 p.m. to 1:30 p.m.) for you to complete the mini course on your own. You could also complete this ahead of the workshop date if you prefer. The real-time workshop in Zoom starts at 1:30 p.m.

Submit Registrations to: CDM.ProviderTraining@ahs.ca

Session Dates	Day	Time	Location
December 4, 2025	Thursday	1:00 pm to 4:45 pm	Zoom

Workshop delivered by guest speakers from the University of Alberta and is supported by Edmonton Zone Chronic Disease Management Team

Diabetes “Part 1”: Foundations of Diabetes Management

This workshop is two half day sessions one week apart. You must register for both sessions on the dates set. If a change needs to be made to one session date, please withdraw from both parts and choose another set of dates.

Topics include:

Length: 2 Half-Days

- Self-Management principles / Pathophysiology
- Diagnosis and classification
- Diabetes and pregnancy
- Glucose monitoring / Hypoglycemia management
- Non-insulin medications
- Nutrition interventions
- Case studies to apply knowledge

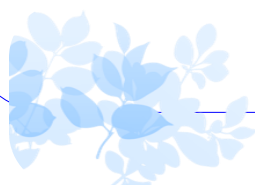
Facilitated by Registered Nurses and Dietitians who work in the field of diabetes.

Note: This is a “flipped” design course. There will be some pre-workshop material that you will be expected to review before attending. Please review the pre-reading module ahead of the workshop date. Session 2 does not have any pre-workshop material

Submit Registrations to: CDM.ProviderTraining@ahs.ca

AHS learners can also register on *My Learning Link* (on Insite).

Session Dates	Days	Times	Locations
August 14, 2025 - Session 1	Thursday	8:30 am to 12:00 pm	Zoom
August 21, 2025 - Session 2	Thursday	8:30 am to 12:00 pm	Zoom
October 23, 2025 - Session 1	Thursday	8:30 am to 12:00 pm	Zoom
October 30, 2025 - Session 2	Thursday	8:30 am to 12:00 pm	Zoom



Diabetes “Part 2”: Advancing Practice

This workshop is two half-day session one week apart. You must register for both sessions on the dates set. If a change needs to be made to one session date, please withdraw from both parts and choose another set of dates.

Topics include:

Length: 2 Half-Days

- Insulin initiation and management
- Insulin to carbohydrate ratios
- Physical activity
- Weight management
- Diabetes complications

Facilitated by Registered Nurses and Dietitians who work in the field of diabetes.

Note: This is a “flipped” design course. There will be some pre-workshop material that you will be expected to review before attending. Please review the Pre-reading module ahead of the workshop date. Session 2 does not have any pre-workshop material needed to be reviewed.

Submit Registrations to: CDM.ProviderTraining@ahs.ca

AHS learners can also register on My Learning Link (on Insite)

Session Dates	Days	Times	Locations
July 17, 2025 - Session 1	Thursday	8:30 am to 12:00 pm	Zoom
July 24, 2025 - Session 2	Thursday	8:30 am to 12:00 pm	Zoom
September 18, 2025 - Session 1	Thursday	8:30 am to 12:00 pm	Zoom
September 25, 2025 - Session 2	Thursday	8:30 am to 12:00 pm	Zoom
November 20, 2025 - Session 1	Thursday	8:30 am to 12:00 pm	Zoom
November 27, 2025 - Session 2	Thursday	8:30 am to 12:00 pm	Zoom



Diabetes “Part 3”

Application of Diabetes Care and Special Populations

Length: Full day

You will engage in a case based workshop to build on basic knowledge and skills. You will improve confidence with relevant person-centered skills to support inclusive and equitable diabetes care for diverse populations. This course is built around the 2018 Diabetes Guidelines.

1. Understand the management of sick days, and hypoglycemic emergencies
2. Learn about foot care, shift work, travel and driving in relation to clients with diabetes
3. Discuss dietary patterns, carbohydrate counting and natural health products
4. Know how to make referrals and about current relevant resources

Submit Registrations to: CDM.ProviderTraining@ahs.ca

AHS learners can also register on My Learning Link (on Insite).

Session Dates	Days	Times	Locations
September 11, 2025	Thursday	8:30 am to 4:00 pm	Zoom
October 9, 2025	Thursday	8:30 am to 4:00 pm	Zoom
December 11, 2025	Thursday	8:30 am to 4:00 pm	Zoom

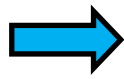
Psychological Aspects of Diabetes

You will:

Length: 1 Half-Day

- Reflect on and be able to explain Diabetes-specific psychological concerns: diabetes distress, psychological insulin resistances, and fears of hypoglycemia.
- Apply provided tools and scales to assess behavioural and mental health concerns
- Examine and explain how mental health concerns and challenges can create barriers to effective diabetes management, and self-management, for people with diabetes.
- Identify and apply mental health strategies to support people with diabetes to manage psychological aspects of diabetes.

Session Dates	Days	Times	Locations
July 25, 2025	Friday	8:30 am to 12:00 pm	Zoom
November 28, 2025	Friday	8:30 am to 12:00 pm	Zoom



Chronic Pain Management in Primary Care

These two part course sessions are complementary. *Attendance at both sessions is recommended*, although participants are able to attend either workshop.

Length: 2 Half-Days

Topics include:

Understanding, assessing and managing chronic pain in Primary Care

Audience: Any member of interdisciplinary team working with clients with chronic pain in a community health or primary care setting.

Part 1: Introduction to Pain Assessment and Management in Primary Health Care

- Describe key features of chronic pain and identify strategies to prevent functional decline in patients with pain
- Practical application of pain assessment tools in the creation of a client-centered plan
- Describe practical mind-body strategies you can incorporate in treatment sessions

Part 2: Chronic Pain Management Overview for Primary Health Care (including Medication Management)

- Review the different types and categories of chronic pain
- Review components of pain assessment, including various pain scales/questionnaires
- Explore different modes of treatment (pharmacological and non-pharmacological), and different medication management strategies
- Engage in small and large group case study discussion with interprofessional perspectives

Session Dates	Day	Time	Location
October 22, 2025 - Session 1	Wednesday	9:00 am to 12:00 pm	Zoom
October 29, 2025 - Session 2	Wednesday	9:00 am to 12:00 pm	Zoom



Foundations of Obesity Management

You will:

Length: 2 Half-Days

- Recognize obesity as a complex chronic condition
- Explore root causes, challenges, and managing expectations
- Consider relevant resources, strategies, and skills to empower providers to support people living with obesity
- Recognize evidence informed resources
- Assess and apply nutrition strategies, support weight management with people living with obesity
- Focus on behavior change and self-management as key aspects of supporting people living with obesity to improve health

Submit Registrations to: CDM.ProviderTraining@ahs.ca

AHS learners can also register on My Learning Link (on Insite).

Session Dates	Days	Times	Locations
June 13, 2025 - Session 1	Friday	8:30 am to 12:00 pm	Zoom
June 20, 2025 - Session 2	Friday	8:30 am to 12:00 pm	Zoom
September 26, 2025 - Session 1	Friday	8:30 am to 12:00 pm	Zoom
October 3, 2025 - Session 2	Friday	8:30 am to 12:00 pm	Zoom
November 21, 2025 - Session 1	Friday	8:30 am to 12:00 pm	Zoom
November 28, 2025 - Session 2	Friday	8:30 am to 12:00 pm	Zoom



Psychological Aspects of Obesity

You will learn about:

Length: Half Day

- Some conditions commonly co-morbid with obesity, and which can prevent effective obesity management
- How to recognize ADHD or Binge Eating disorder in your patients

Submit Registrations to: CDM.ProviderTraining@ahs.ca

AHS learners can also register on My Learning Link (on Insite).

Session Dates	Days	Times	Locations
June 27, 2025	Friday	8:30 am to 12:00 pm	Zoom
October 24, 2025	Friday	8:30 am to 12:00 pm	Zoom

Coming soon— Respiratory Illnesses

Supporting Self-Management for Adults
in Community with
Respiratory Conditions



Foundational Health Educator—Tobacco Products

You will build your foundational health education skills to help clients quit using commercial tobacco products. Please register for both sessions.

You will learn:

Length: Two Full days

- Evidence-based approaches to health education interventions
- Health promotion and learning theories in practice
- Motivational interviewing, counselling, and facilitation

Facilitated by the AHS Tobacco, Vaping & Cannabis Program, in partnership with the Canadian Network for Respiratory Care, you will qualify for credentials such as Certified Tobacco Educator and Certified Respiratory Educator. For more information, review the [AlbertaQuits Learning Series: Course Descriptions and FAQ](#).

To register, go to the [AlbertaQuits Course Catalogue](#).

Session Dates	Days	Times	Locations
Sept 11n and 18 (both days	Thursdays	8:00—4:30	Zoom

Applied Tobacco Intervention

This one-day, practice-based workshop will strengthen your skills to help clients quite using commercial tobacco products. In a supportive live virtual learning environment, you'll learn and practice techniques for brief (1-3 minute) intensive interventions, including motivational interviewing and counselling.

Length: Full day

This workshop is facilitated by the AHS Tobacco, Vaping & Cannabis Program in partnership with the Canadian Network for Respiratory Care. It can help you qualify for credentials such as Certified Tobacco Educator and Certified Respiratory Educator. For more information, review the [AlbertaQuits Learning Series: Course Descriptions and FAQ](#).

To register, go to the [AlbertaQuits Course Catalogue](#).

Session Dates	Days	Times	Locations
Sept 25	Thursday	8:15-4:15	Zoom