

# Alberta Healthy Living Program Calgary Zone Education Guide



Adults living in Alberta can refer themselves to any of our classes and workshops. We also accept referrals from doctors and other healthcare providers.

Click on the class name to register online. You can also search our [Find Workshops & Classes](#) table to find classes and programs that fit your learning interests.

Visit [www.ahs.ca/bcbh](http://www.ahs.ca/bcbh) to learn more about the 6-week Better Choices, Better Health® workshops.

Individual dietitian appointments are available by healthcare provider referral only for gastrointestinal conditions and/or malnutrition.

Supervised Exercise is available to adults living with chronic conditions in the Calgary Zone. Learn more by visiting <https://www.ahs.ca/info/Page18354.aspx>.

For more information about the Alberta Healthy Living Program Calgary Zone, visit [www.ahs.ca/ahlp](http://www.ahs.ca/ahlp). Or [sign-up to get our program updates emailed to you](#).

Call us Monday to Friday, 8:00am – 4:00pm.

Phone: 1-844-527-1160

Fax: 403-955-6868

Email: [AHLP.CalgaryZone@ahs.ca](mailto:AHLP.CalgaryZone@ahs.ca)

---

## Classes & Workshops Offered in Different Languages

### Cantonese

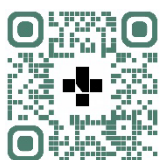
- [Better Choice, Better Health® - Chronic Pain](#)

### Tagalog

- [Better Choices, Better Health® - Chronic Disease](#)

### Punjabi

- [Celiac Disease—Going Gluten-Free \(video\)](#)



Scan to view on your mobile device.

Updated: April 15, 2025



**Alberta Health  
Services**

Alberta Healthy Living  
Program



## Classes & Workshops

### Condition Specific

- [Arthritis: Self-Management of Osteoarthritis](#)
- [Celiac Disease: Going Gluten-Free](#)
- [COPD: Breathing Matters](#)
- [COVID-19 Symptom Management and Recovery \(video series\)](#)
- [Fatty Liver Disease](#)
- [Fibromyalgia: Facts and Function](#)
- [Irritable Bowel Syndrome](#)
- [Kidney Health](#)
- [Kidney Health: What Should I Eat?](#)
- [Lymphedema Education Session](#)
- [Myalgic Encephalomyelitis \(video series\)](#)
- [Obstructive Sleep Apnea](#)
- [Osteoporosis and Bone Health](#)
- [Osteoporosis: Staying Active & Exercising](#)
- [Parkinson's 101 Education Series](#)

---

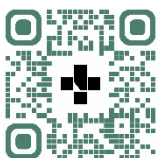
### General Health

- [Better Breathing](#)
- [Better Choices, Better Health® Chronic Disease](#)
- [Better Choices, Better Health® Chronic Pain](#)
- [Conserving Your Energy](#)
- [Fall Prevention: Getting Up and Down from the Floor Safely](#)
- [Fall Prevention: Steady on Your Feet](#)
- [Pain: Pacing for People with Chronic Pain](#)
- [Pain Neuroscience Education](#)
- [Physical Activity: Get Active, Stay Active \(video\)](#)
- [Physical Activity: Planning for Success with Exercise \(video\)](#)
- [Planning for the Future: Health Decisions Matter](#)
- [Sleep Habits](#)

---

### Emotional Wellness

- [Emotional Eating](#)
- [Grief](#)
- [Improving Your Relationship with Food](#)
- [Self-Kindness: Motivating with Self-Compassion](#)
- [Stress](#)



Scan to view on your mobile device.

Updated: April 15, 2025