

POWER UP YOUR HEALTH

ALBERTA HEALTHY LIVING PROGRAM- CALGARY ZONE NEWSLETTER



Live your Best Life

National Advance Care Planning Day is on April 16th. Have you heard about it?

Imagine you become injured, or so sick that you could not make your own medical decisions. Who would you trust to speak on your behalf? Does this person know what you would want? Would they be able to make the same decisions about your care that you would make for yourself?

Advance care planning is a five-step process that can help you answer “yes” to the above questions. It is a way to think about, talk about, and write down your wishes for healthcare in a legal document called a “Personal Directive”.

Advance care planning is for all Albertans over the age of 18. All Albertans over the age of 18 should have a Personal Directive. Things can happen suddenly, and advance care planning can keep you prepared. Planning ahead brings a peace of mind to you and the people who are important to you.

Let National Advance Care Planning Day inspire you to learn more! Join us for one of our free [Planning for the Future: Health Decisions Matter](#) classes to learn more about advance care planning and how to write a Personal Directive:

- Monday, April 14 from 6:15 p.m. – 8:15 p.m. – In-person at Quarry Park Library
- Tuesday, May 6 from 10 a.m. – noon – online

Click on the class name for more information or to register.

You can also visit conversationsmatter.ca to learn more about the advance care planning process.



Did somebody say “spring”?

The warming weather brings with it many opportunities to stay active while drinking the fresh air, getting a healthy fix of Vitamin D from the sunshine, and enjoying the budding flowers. Check out these low-intensity options for injecting physical activity into your everyday life:

1. **Walking or cycling one of our local trail networks.**
Soak in some sunshine by walking in your favourite park. Plan a route with lots of park benches if you anticipate needing breaks. If you are bicycling, see this list of [cycling safety tips](#) and practice good trail etiquette.
2. **Water-based exercise in an indoor or outdoor pool.**
Swimming and water aerobics classes are great low-impact strength-building options.
3. **Check out a park with fitness equipment.**
Yes, outdoor gyms are a thing! [Calgary](#), [Airdrie](#), and [Okotoks](#) all have playgrounds with outdoor fitness equipment. If you do not live in these areas, check out your city or town's website to see if outdoor fitness equipment is available in your community!

Unsure where to start? The Alberta Healthy Living Program has free supervised exercise classes for adults living with chronic conditions. Visit our [supervised exercise website](#) to learn about free exercise services in your area.



Important changes to the Calgary Zone's Nutrition Services

The Alberta Healthy Living Program (AHLP) – Calgary Zone's nutrition services are changing effective April 1st.

There will be minimal changes to the nutrition classes that are available for you to take part in. Many classes offered by the Alberta Healthy Living Program are open province-wide, regardless of which zone is hosting them. Visit [AHLP Find Workshops and Classes](#) to see a list of available nutrition classes.

If you are living with the following conditions and are looking for support, free nutrition counseling will still be available to you:

- Altered digestive function (e.g., celiac disease, short bowel syndrome, diverticular disease, colitis, irritable bowel syndrome, inflammatory bowel disease)
- Liver concerns (e.g., fatty liver, hepatitis, liver cirrhosis)
- Malnutrition

To access nutrition counseling, you will need to be referred by a healthcare provider. If you have celiac disease, fatty liver disease, or irritable bowel syndrome, you will need to take a class first before you can access the counseling. If you do not have a family healthcare provider, you can call Health Link 8-1-1. Health Link has healthcare providers on staff who can make a referral. If you are seeking nutrition counseling for other health concerns, please speak with your family doctor or call 8-1-1.

Upcoming In-Person Classes

Click on the class title for more information or to register.

- [Planning for the Future: Health Decisions Matter](#) – Monday, April 14 from 6:15 p.m. – 8:15 p.m. at Quarry Park Library
- [Your Kidney Health](#) – Wednesday, April 23, from 10 a.m. – noon at Montgomery Community Association
- [Try a Little Self-Kindness: Motivating with Self-Compassion](#) – Thursday, April 24, from 5:15 p.m. – 7:15 p.m. at Nose Hill Library
- [Try a Little Self-Kindness: Motivating with Self-Compassion](#) – Thursday, May 22, from 2:30 p.m. – 4:30 p.m. at Bowness Library
- [Improving Your Relationship with Food](#) – Thursday, May 22 & 29, from 6 p.m. – 8:30 p.m. at South Health Campus Wellness Centre
- [Understanding the Experience of Grief](#) – Saturday, May 24, from 2 p.m. – 4 p.m. at Village Square Library

