

Welcome to Alberta Healthy Living.
Here is a list of some of our classes that may interest you.
To register phone the booking office at 403-388-6654

Fat Facts

Are you confused about monounsaturated, polyunsaturated and trans fats? This class will help answer any questions you have on fat and cholesterol and how they may impact your health.

Fibre and Salt Smarts

Are you getting enough fibre? How much salt can you have? These questions will be answered as you learn about the benefits of fibre and find out about the importance of reducing sodium in your diet.

Weight Management

Our weight management program begins with a group visit called “Getting Started”. At this group visit you will be meeting with a healthcare provider who will introduce you to our weight management program, and provide you with the information to begin working on some healthy changes.

Taking Care of You

Let’s take a look at your health from a vascular perspective. That means a look at your blood vessels and your organs from your head to your toes and from the inside out. Look at your risk factors and how to properly screen in order to find out what you can do to prevent or slow down the progression of chronic diseases.

Taking the Pressure Off

Do you have high blood pressure? This class is for you! High blood pressure affects your body in many ways. This class will:

- Identify what is a healthy blood pressure.
- Review causes of high blood pressure & the harmful effects it has on our body.
- Learn about healthy eating & its effects on blood pressure.
- Discuss how positive lifestyle changes lower blood pressure.
- Discuss the effects of alcohol on blood pressure.
- Understand the role that blood pressure medications play in managing your blood pressure.

Grocery Store Tour

Explore the mysteries of reading food labels while in the grocery store

Stroke

Have you had a TIA or stroke? This class will help you to understand:

- The anatomy and function of the brain.
- What is a stroke.
- What type of stroke you had.
- Separate fact from fiction regarding stroke.

Picky Eating

Ever had mealtime struggles? This class is created for parents and caregivers of toddler and preschool aged children. You will learn:

- The development stages of feeding.
- Challenges around feeding children and ways to cope.
- How to help your child eat new foods.
- How to create a positive feeding relationship with your child.

Basic Diabetes Management

Find out what happens in your body when you have pre-diabetes, impaired fasting glucose or a diagnosis of diabetes. This class will:

- Review how diabetes is diagnosed.
- Cover the signs and symptoms of diabetes and types of diabetes.
- Describe the tools you can use to help take charge of your diabetes.
- Explain how sugar in foods affects your health.
- Emphasize portion sizes and consistent carbohydrate intake.
- Offer practical tips and meal planning ideas to reduce the sugar in your diet.

Heart CHEC

This two part series of Cardiac Health Education Classes (CHEC) is for participants who have experienced recent problems and treatment for heart disease. The classes discuss aspects of treatment and managing heart disease.

Heart CHEC 1 What now?

This class will focus on:

- The cardiac rehab process
- The process of heart disease
- Managing heart disease through:
 - Taking medication.
 - Controlling risk factors.
 - Identifying warning signs and symptoms.
 - Preventing and managing symptoms.

Heart CHEC 2: What Next?

This class will focus on activity and exercise by:

- Identifying the benefits.
- Approaching exercise safely and effectively.
- Learning about the types of activities and how to approach these activities.
- Motivating you to get started and how to progress safely.
- Planning next steps: exercise testing and exercise programming.

Heart Failure

Learn to live well with chronic heart failure. This class is intended to assist patients and families to:

- Understand what chronic heart failure is and what causes it.
- Recognize the signs and symptoms of chronic heart failure and how to respond to them.
- Understand and minimize risk factors related to heart disease.
- Reap the benefits of a supportive group environment and the value of sharing common experiences around living with chronic disease.
- Understand how chronic heart failure is treated and how you can help yourself to feel better.

Better Choices Better Health

Better Choices Better Health is a series of workshops offered 2.5 hours per week for 6 weeks. Participants will learn how to better manage their symptoms to get more out of life while managing chronic conditions such as diabetes, heart disease, arthritis, asthma, high blood pressure, MS or others.

The trained leaders in this program are registered volunteers from the community who have chronic conditions themselves. Workshops provide a very interactive and supportive environment that allows participants the opportunity to learn from each other.