

Alberta Healthy Living Program

Program Guide – Fall 2016 and Winter 2017

Education Classes



Disease-specific and general interest education classes are offered in different formats and for different lengths of time. All classes are led by health professionals or trained volunteers. Some classes are also offered in Cantonese, Mandarin and Punjabi.

Nutrition Services



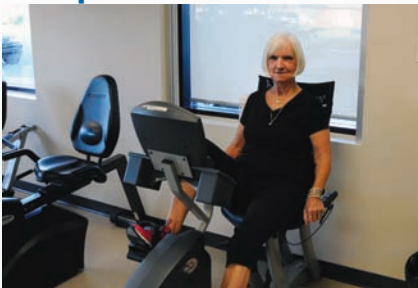
Registered Dietitians (RD's) facilitate classes on heart healthy eating, healthy eating for diabetes, weight management and other chronic conditions. Individual appointments with RD's are available in Cantonese, Hindi and Punjabi. All appointments are offered Monday – Friday during the day.

Better Choices, Better Health[®]



People take part in a free 6-week Self-Management workshop. They gain confidence and learn the skills they need to live successful healthier lives, especially if they have any chronic conditions. Workshops are also offered in Cantonese and Punjabi.

Group Exercise Classes



Supervised group exercise classes are monitored by health professionals. All group exercise classes are offered Monday – Friday during the day. One must be able to walk to participate. Beginning November 2016, a referral from a family physician will be required to participate in group exercise classes.

Partners, support persons and/or caregivers may register and attend all classes.

Program Criteria:

- All education and exercise classes are free of charge
- Must be cognitively capable of participating in group setting
- Must be able to handle group situations without disrupting the class
- Must have at least basic English except for programs offered in other languages
- Must be 18 years of age or older.
- **Must have at least one chronic condition for exercise classes**

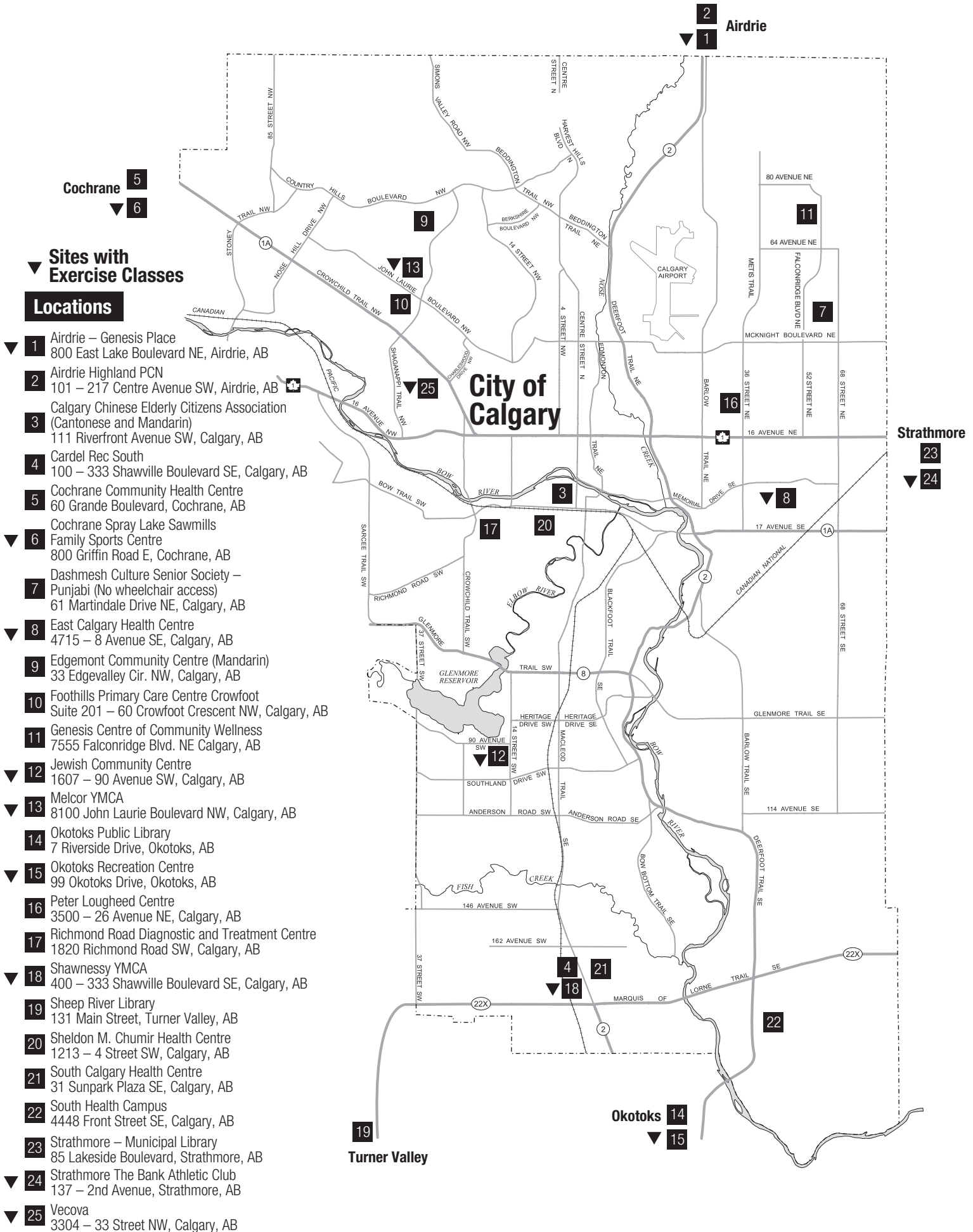
For Information and to Register
(Mon-Fri 8am-4pm):
403-9-Health (403-943-2584)

For Cantonese and Mandarin:
403-955-6857

For Hindi and Punjabi:
403-955-6856

Fax: 403-955-6868

www.ahs.ca/cdmcalgaryzone.asp
www.informalberta.ca



Sites with Exercise Classes

Locations

- ▼ **1** Airdrie – Genesis Place
800 East Lake Boulevard NE, Airdrie, AB
- 2** Airdrie Highland PCN
101 – 217 Centre Avenue SW, Airdrie, AB
- 3** Calgary Chinese Elderly Citizens Association
(Cantonese and Mandarin)
111 Riverfront Avenue SW, Calgary, AB
- 4** Cardel Rec South
100 – 333 Shawville Boulevard SE, Calgary, AB
- 5** Cochrane Community Health Centre
60 Grande Boulevard, Cochrane, AB
- 6** Cochrane Spray Lake Sawmills
Family Sports Centre
800 Griffin Road E, Cochrane, AB
- ▼ **7** Dashmesh Culture Senior Society –
Punjabi (No wheelchair access)
61 Martindale Drive NE, Calgary, AB
- ▼ **8** East Calgary Health Centre
4715 – 8 Avenue SE, Calgary, AB
- 9** Edgemont Community Centre (Mandarin)
33 Edgevalley Cir. NW, Calgary, AB
- 10** Foothills Primary Care Centre Crowfoot
Suite 201 – 60 Crowfoot Crescent NW, Calgary, AB
- 11** Genesis Centre of Community Wellness
7555 Falconridge Blvd. NE Calgary, AB
- ▼ **12** Jewish Community Centre
1607 – 90 Avenue SW, Calgary, AB
- ▼ **13** Melcor YMCA
8100 John Laurie Boulevard NW, Calgary, AB
- 14** Okotoks Public Library
7 Riverside Drive, Okotoks, AB
- ▼ **15** Okotoks Recreation Centre
99 Okotoks Drive, Okotoks, AB
- 16** Peter Lougheed Centre
3500 – 26 Avenue NE, Calgary, AB
- 17** Richmond Road Diagnostic and Treatment Centre
1820 Richmond Road SW, Calgary, AB
- ▼ **18** Shawnessy YMCA
400 – 333 Shawville Boulevard SE, Calgary, AB
- 19** Sheep River Library
131 Main Street, Turner Valley, AB
- 20** Sheldon M. Chumir Health Centre
1213 – 4 Street SW, Calgary, AB
- 21** South Calgary Health Centre
31 Sunpark Plaza SE, Calgary, AB
- 22** South Health Campus
4448 Front Street SE, Calgary, AB
- 23** Strathmore – Municipal Library
85 Lakeside Boulevard, Strathmore, AB
- ▼ **24** Strathmore The Bank Athletic Club
137 – 2nd Avenue, Strathmore, AB
- ▼ **25** Vecova
3304 – 33 Street NW, Calgary, AB

Arthritis 101

One 2 to 3-hour interactive workshop.

In this session you will learn:

- The differences between inflammatory and degenerative types of arthritis
- The early warning signs of arthritis and how to get an accurate diagnosis
- Self-management strategies and the various treatment options available
- Tools to better work with your health care team

Who is this class for?

People diagnosed with arthritis or who are looking for information about the disease.

Workshops are led by trained volunteer leaders who have arthritis.

Location	Days	Time	Session Dates	ID
CCECA - Cantonese	Wed	9:00 am - 12:00 pm	Nov. 23, 2016	8252
CCECA - Cantonese	Wed	9:00 am - 12:00 pm	Mar. 8, 2017	8253
CCECA - Mandarin	Tue	9:00 am - 12:00 pm	Oct. 18, 2016	8268
East Calgary Health Centre	Tue	6:30 pm - 8:30 pm	Oct. 25, 2016	8277
Edgemont Community Centre - Mandarin	Tue	9:30 am - 12:30 pm	Feb. 7, 2017	8341
Genesis Centre - Punjabi	Tue	1:30 pm - 3:30 pm	Feb. 21, 2017	8351
Melcor YMCA at Crowfoot	Thu	6:30 pm - 8:30 pm	Dec. 1, 2016	8357
Sheldon M. Chumir Health Centre	Tue	6:30 pm - 8:30 pm	Oct. 18, 2016	8375
South Calgary Health Centre	Tue	6:30 pm - 8:30 pm	Feb. 7, 2017	8391
South Health Campus	Tue	6:30 pm - 8:30 pm	Nov. 15, 2016	8414
Vecova	Tue	10:30 am - 12:00 pm	Jan. 24, 2017	8436
Vecova	Thu	10:30 am - 12:00 pm	Mar. 9, 2017	8435

Better Choices, Better Health® (BCBH)

- Learn and practice skills, such as problem solving, decision making and goal setting, needed to manage your health, especially the day-to-day challenges if you have a chronic condition.
- Learn and practice ways to manage symptoms, reduce fatigue and feel better.

Self-Management Workshops

Help yourself! Learn what you can do to take control of your health. Six 2.5-hour sessions.

Who is this workshop for?

Anyone who wants to gain confidence and learn skills to better manage their health, especially those with a chronic condition. Support persons may also attend.

Workshops are led by trained leaders and most have a chronic health condition.

Location	Days	Time	Session Dates	ID
East Calgary Health Centre	Tue	1:00 pm - 3:30 pm	Mar. 21, 28, Apr. 4, 11, 18 and 25, 2017	8278
Genesis Centre - Punjabi	Tue	1:00 pm - 3:30 pm	Jan. 10, 17, 24, 31, Feb. 7 and 14, 2017	8352
Sheldon M. Chumir Health Centre	Wed	6:15 pm - 8:45 pm	Mar. 22, 29, Apr. 5, 12, 19 and 26, 2017	8376
Vecova	Tue	1:00 pm - 3:30 pm	Feb. 7, 14, 21, 28, Mar. 7 and 14, 2017	8437

BCBH® – Chronic Pain

Similar content to BCBH® but includes additional topics such as:

- Learn techniques to control pain
- Learn how to make everyday tasks easier

Who is this workshop for?

People with chronic pain who want to gain confidence and learn skills to better manage their health. Support persons may also attend.

Location	Days	Time	Session Dates	ID
Airdrie Highland PCN	Mon	1:00 pm - 3:30 pm	Oct. 17, 24, 31, Nov. 7, 14 and 21, 2016	8236
Airdrie Highland PCN	Mon	1:00 pm - 3:30 pm	Feb. 6, 13, 27, Mar. 6, 13 and 20, 2017	8237
East Calgary Health Centre	Wed	1:00 pm - 3:30 pm	Feb. 8, 15, 22, Mar. 1, 8 and 15, 2017	8279
South Calgary Health Centre	Mon	1:00 pm - 3:30 pm	Mar. 13, 20, 27, Apr. 3, 10 and 24, 2017	8392
Strathmore Municipal Library	Thu	1:00 pm - 3:30 pm	Oct. 6, 13, 20, 27, Nov. 3 and 10, 2016	8433
Strathmore Municipal Library	Thu	1:00 pm - 3:30 pm	Mar. 2, 9, 16, 23, 30, and Apr. 6, 2017	8434
Vecova	Thu	1:00 pm - 3:30 pm	Oct. 20, 27, Nov. 3, 10, 17 and 24, 2016	8438

Celiac Disease—Going Gluten-Free

One 3-hour session.

In this session you will learn:

- What celiac disease is
- About healthy eating on a gluten-free diet
- About where to buy gluten-free food, eating out gluten-free and label reading

Who is this class for?

People diagnosed with celiac disease or dermatitis herpetiformis and their support persons or people who want information on celiac disease.

Classes are facilitated by registered dietitians.

Location	Days	Time	Session Dates	ID
East Calgary Health Centre	Wed	12:30 pm - 3:30 pm	Nov. 2, 2016	8280
East Calgary Health Centre	Tue	9:30 am - 12:30 pm	Mar. 14, 2017	8281
Sheldon M. Chumir Health Centre	Tue	12:30 pm - 3:30 pm	Oct. 18, 2016	8377
Sheldon M. Chumir Health Centre	Mon	4:30 pm - 7:30 pm	Nov. 21, 2016	8378
Sheldon M. Chumir Health Centre	Fri	12:30 pm - 3:30 pm	Dec. 16, 2016	8379
Sheldon M. Chumir Health Centre	Thu	9:30 am - 12:30 pm	Jan. 26, 2017	8381
Sheldon M. Chumir Health Centre	Wed	4:30 pm - 7:30 pm	Feb. 1, 2017	8380
Sheldon M. Chumir Health Centre	Wed	12:30 pm - 3:30 pm	Mar. 29, 2017	8382
South Calgary Health Centre	Wed	9:30 am - 12:30 pm	Oct. 5, 2016	8393
South Calgary Health Centre	Thu	9:30 am - 12:30 pm	Dec. 1, 2016	8394
South Calgary Health Centre	Wed	12:30 pm - 3:30 pm	Feb. 8, 2017	8395
Vecova	Thu	12:30 pm - 3:30 pm	Oct. 27, 2016	8439
Vecova	Thu	12:30 pm - 3:30 pm	Feb. 16, 2017	8440

Cholesterol and Blood Pressure Essentials

One 2 to 3.5-hour session.

In this session you will learn:

- What cholesterol, triglycerides and blood pressure are
- Why high blood pressure is risky
- How to improve your cholesterol, triglycerides and blood pressure through lifestyle changes and by using healthy eating tips
- How to determine your risk for heart disease

Who is this class for?

People who want information on blood pressure and cholesterol.

Classes are facilitated by registered dietitians and registered nurses.

Location	Days	Time	Session Dates	ID
Airdrie - Genesis Place	Mon	9:00 am - 12:00 pm	Nov. 28, 2016	8230
Airdrie - Genesis Place	Mon	1:00 pm - 4:00 pm	Feb. 27, 2017	8231
CCECA - Cantonese	Mon	9:00 am - 12:30 pm	Dec. 5, 2016	8254
CCECA - Cantonese	Mon	9:00 am - 12:30 pm	Mar. 27, 2017	8255
Dashmesh Culture Senior Society - Punjabi	Tue	1:30 pm - 3:30 pm	Oct. 4, 2016	8275
Edgemont Community Centre - Mandarin	Tue	9:30 am - 1:00 pm	Nov. 29, 2016	8342
Genesis Centre - Punjabi	Tue	1:30 pm - 3:30 pm	Feb. 14, 2017	8353

Conserving Your Energy

Two to three 1 to 1.5-hour sessions.

In these sessions you will learn:

- To identify causes of fatigue (both physical and mental)
- To reduce fatigue through principles of fatigue management

Who is this class for?

People who would like to enjoy their life with less stress and fatigue.

Classes are facilitated by occupational therapists.

Location	Days	Time	Session Dates	ID
Calgary Jewish Community Centre	Thu	11:00 am - 12:30 pm	Dec. 1 and 8, 2016	8238
Calgary Jewish Community Centre	Thu	11:00 am - 12:30 pm	Mar. 9 and 16, 2017	8239
East Calgary Health Centre	Thu	9:00 am - 10:30 am	Oct. 27 and Nov. 3, 2016	8282
East Calgary Health Centre	Thu	9:00 am - 10:30 am	Mar. 30 and Apr. 6, 2017	8283
Shawnessy YMCA	Wed	2:30 pm - 3:30 pm	Oct. 12 and 19, 2016	8374
Vecova	Mon	10:30 am - 12:00 pm	Jan. 16 and 23, 2017	8441
Vecova	Mon	10:30 am - 12:00 pm	Mar. 20 and 27, 2017	8442

COPD – Breathing Matters

Three to four 1 to 1.5-hour sessions.

In these sessions you will learn:

- What is COPD (Chronic Obstructive Pulmonary Disease)
- Information about lung medications and inhalers
- Helpful breathing tips
- How to recognize when your breathing gets worse and what to do about it

Who is this class for?

People who want information on COPD.

Classes are facilitated by respiratory therapists.

Location	Days	Time	Session Dates	ID
Calgary Jewish Community Centre	Wed	10:30 am - 12:00 pm	Nov. 16, 23, 30 and Dec. 7, 2016	8240
Cardel Rec South	Wed	10:00 am - 11:30 am	Nov. 23, 30, Dec. 7 and 14, 2016	8249
East Calgary Health Centre	Mon	9:00 am - 10:30 am	Oct. 17, 24, 31 and Nov. 7, 2016	8284
East Calgary Health Centre	Mon	9:00 am - 10:30 am	Nov. 28, Dec. 5, 12 and 19, 2016	8285
East Calgary Health Centre	Wed	9:00 am - 10:30 am	Feb. 15, 22, Mar. 8 and 15, 2017	8286
Vecova	Thu	10:45 am - 12:15 pm	Sep. 29, Oct. 6 and 13, 2016	8443
Vecova	Thu	10:45 am - 12:15 pm	Dec. 1, 8 and 15, 2016	8444
Vecova	Thu	10:45 am - 12:15 pm	Mar. 9, 16 and 23, 2017	8445

Coping with Concussion

One 2 hour session.

In this session you will learn:

- Information about post- concussion syndrome (PCS) and related symptoms
- How to explain PCS to family and friends
- Self-management strategies to help cope with symptoms

Who is this class for?

People who are having persistent concussion related symptoms (for more than 3 months post injury), who would like information about post-concussion syndrome and self-management strategies. Non-sports related concussion is the focus of this session.

Classes will be facilitated by a rehabilitation professional, such as an occupational therapist or social worker.

Location	Days	Time	Session Dates	ID
Peter Lougheed Centre	Thu	10:00 am - 12:00 pm	Nov. 17, 2016	8359
Sheldon M. Chumir Health Centre	Wed	10:00 am - 12:00 pm	Jan. 18, 2017	8383
South Calgary Health Centre	Thu	10:00 am - 12:00 pm	Mar. 9, 2017	8396

Diabetes Essentials

5 to 8 hours of instruction offered as one full day or two half days.

In these sessions you will learn:

- What diabetes is
- How to eat healthy with diabetes
- Ways to lower your blood sugar
- What your lab tests mean

Who is this class for?

People diagnosed with type 2 diabetes who have not been to diabetes classes before or people who would like information on diabetes.

Classes are facilitated by registered dietitians and registered nurses.

Location	Days	Time	Session Dates	ID
Airdrie - Genesis Place	Mon	1:00 pm - 4:00 pm	Nov. 14 and 21, 2016	8232
Airdrie - Genesis Place	Mon	9:00 am - 12:00 pm	Feb. 6 and 13, 2017	8233
CCECA - Cantonese	Mon	9:00 am - 4:00 pm	Oct. 24, 2016	8256
CCECA - Cantonese	Mon	9:00 am - 4:00 pm	Feb. 13, 2017	8257
CCECA - Mandarin	Tue	9:00 am - 4:00 pm	Mar. 14, 2017	8269
Dashmesh Culture Senior Society - Punjabi	Tue	1:30 pm - 3:30 pm	Jan. 17, 24, 31 and Feb. 7, 2017	8276
East Calgary Health Centre	Thu	8:30 am - 3:30 pm	Oct. 6, 2016	8287
East Calgary Health Centre	Thu	8:30 am - 3:30 pm	Dec. 8, 2016	8288
East Calgary Health Centre	Tue	8:30 am - 3:30 pm	Jan. 17, 2017	8289
East Calgary Health Centre	Thu	8:30 am - 3:30 pm	Mar. 2, 2017	8290
East Calgary Health Centre	Tue	8:30 am - 3:30 pm	Mar. 21, 2017	8291
Edgemont Community Centre - Mandarin	Tue	9:30 am - 4:30 pm	Oct. 25, 2016	8343
Genesis Centre - Punjabi	Tue	1:00 pm - 4:00 pm	Nov. 15 and 22, 2016	8354
Richmond Road Diagnostic and Treatment Centre	Sat	8:30 am - 3:30 pm	Oct. 15, 2016	8362
Richmond Road Diagnostic and Treatment Centre	Sat	8:30 am - 3:30 pm	Nov. 5, 2016	8363
Richmond Road Diagnostic and Treatment Centre	Tue	12:30 pm - 3:30 pm	Nov. 15 and 22, 2016	8364
Richmond Road Diagnostic and Treatment Centre	Sat	8:30 am - 3:30 pm	Dec. 10, 2016	8365
Richmond Road Diagnostic and Treatment Centre	Sat	8:30 am - 3:30 pm	Jan. 21, 2017	8366
Richmond Road Diagnostic and Treatment Centre	Tue	12:30 pm - 3:30 pm	Feb. 7 and 14, 2017	8367
Richmond Road Diagnostic and Treatment Centre	Sat	8:30 am - 3:30 pm	Mar. 18, 2017	8368
South Calgary Health Centre	Sat	8:30 am - 3:30 pm	Nov. 26, 2016	8397
South Calgary Health Centre	Thu	8:30 am - 3:30 pm	Dec. 15, 2016	8398
South Calgary Health Centre	Thu	8:30 am - 3:30 pm	Feb. 9, 2017	8399
South Calgary Health Centre	Sat	8:30 am - 3:30 pm	Mar. 11, 2017	8400

Eating Well and Managing Irritable Bowel Syndrome

One 3-hour session.

In this session you will learn:

- The causes and symptoms of irritable bowel syndrome
- How diet and lifestyle choices can help you manage constipation, diarrhea, pain, gas and bloating
- How to make changes to your food intake to improve symptoms and still choose a nutritious diet

Who is this class for?

People who want to learn more about how to manage irritable bowel syndrome through diet, lifestyle and medical management.

Classes are facilitated by registered dietitians.

Location	Days	Time	Session Dates	ID
East Calgary Health Centre	Tue	12:30 pm - 3:30 pm	Feb. 14, 2017	8292
Sheldon M. Chumir Health Centre	Mon	9:30 am - 12:30 pm	Oct. 24, 2016	8384
Sheldon M. Chumir Health Centre	Thu	12:30 pm - 3:30 pm	Dec. 1, 2016	8385
South Calgary Health Centre	Wed	12:30 pm - 3:30 pm	Nov. 23, 2016	8401
South Calgary Health Centre	Thu	12:30 pm - 3:30 pm	Jan. 26, 2017	8402
South Calgary Health Centre	Thu	9:00 am - 12:00 pm	Mar. 30, 2017	8403

Eating Well for Good Health

Two 1 to 2-hour sessions.

In these sessions you will learn about:

- Healthy eating and how you measure up
- The facts on fat, fibre and sodium
- The mystery of reading labels

Who is this class for?

People wanting to learn more about good nutrition to improve their health.

Classes are facilitated by registered dietitians.

Location	Days	Time	Session Dates	ID
Calgary Jewish Community Centre	Mon	11:00 am - 12:30 pm	Oct. 17 and 31, 2016	8241
Calgary Jewish Community Centre	Mon	1:00 pm - 2:30 pm	Feb. 6 and 13, 2017	8242
CCECA - Cantonese	Mon	9:00 am - 12:30 pm	Oct. 3, 2016	8258
CCECA - Cantonese	Mon	9:00 am - 12:30 pm	Feb. 27, 2017	8259
East Calgary Health Centre	Tue	9:00 am - 11:00 am	Oct. 18 and 25, 2016	8293
East Calgary Health Centre	Thu	1:00 pm - 3:00 pm	Dec. 1 and 8, 2016	8294
East Calgary Health Centre	Thu	1:00 pm - 3:00 pm	Jan. 26 and Feb. 2, 2017	8295
East Calgary Health Centre	Tue	9:00 am - 11:00 am	Feb. 21 and 28, 2017	8296
South Health Campus	Mon	5:30 pm - 7:30 pm	Nov. 7 and 14, 2016	8416
South Health Campus	Wed	5:30 pm - 7:30 pm	Jan. 18 and 25, 2017	8415
South Health Campus	Wed	5:30 pm - 7:30 pm	Mar. 8 and 15, 2017	8417
Vecova	Tue	10:45 am - 11:45 am	Nov. 15 and 22, 2016	8446
Vecova	Tue	10:45 am - 11:45 am	Mar. 14 and 21, 2017	8447

Eating Well with Fatty Liver Disease

One 2.5-hour session.

In this session you will learn:

- What non-alcoholic fatty liver disease is
- How to manage fatty liver disease with a healthy diet
- About tools to achieve a healthy weight to help manage fatty liver disease

Who is this class for?

People who would like to know more about nutrition to help them manage non-alcoholic fatty liver disease (NAFLD).

Classes are facilitated by registered dietitians.

Location	Days	Time	Session Dates	ID
East Calgary Health Centre	Mon	1:00 pm - 3:30 pm	Feb. 6, 2017	8297
Genesis Centre - English	Fri	9:30 am - 12:00 pm	Oct. 14, 2016	8350
Peter Lougheed Centre	Fri	9:30 am - 12:00 pm	Dec. 2, 2016	8360
Peter Lougheed Centre	Fri	9:30 am - 12:00 pm	Mar. 17, 2017	8361
Sheldon M. Chumir Health Centre	Mon	9:30 am - 12:00 pm	Nov. 7, 2016	8386
South Health Campus	Wed	5:30 pm - 8:00 pm	Oct. 12, 2016	8418
South Health Campus	Wed	5:30 pm - 8:00 pm	Feb. 8, 2017	8419

Explaining Pain

One 2-hour session.

In these sessions you will learn:

- The mechanisms that create pain
- How pain affects the nervous system
- Why pain persists
- Strategies that help nervous system windup

Who is this class for?

People who want information on chronic pain.

Classes are facilitated by psychologists or registered nurses.

Location	Days	Time	Session Dates	ID
CCECA - Cantonese	Tue	9:00 am - 11:00 am	Nov. 22, 2016	8260
CCECA - Cantonese	Tue	9:00 am - 11:00 am	Mar. 14, 2017	8261
CCECA - Mandarin	Tue	9:00 am - 11:00 am	Nov. 15, 2016	8270
CCECA - Mandarin	Tue	9:00 am - 11:00 am	Feb. 28, 2017	8271
East Calgary Health Centre (NEW)	Mon	10:00 am - 12:00 pm	Oct. 3, 2016	8298
East Calgary Health Centre (NEW)	Mon	10:00 am - 12:00 pm	Dec. 5, 2016	8299
East Calgary Health Centre (NEW)	Mon	10:00 am - 12:00 pm	Jan. 9, 2017	8300
East Calgary Health Centre (NEW)	Mon	10:00 am - 12:00 pm	Mar. 27, 2017	8301
Edgemont Community Centre - Mandarin	Tue	9:30 am - 11:30 am	Nov. 8, 2016	8344
Edgemont Community Centre - Mandarin	Tue	9:30 am - 11:30 am	Mar. 21, 2017	8345
Genesis Centre - Punjabi	Tue	1:30 pm - 3:30 pm	Mar. 7, 2017	8355
Richmond Road Diagnostic and Treatment Centre	Thu	1:30 pm - 3:30 pm	Feb. 2, 2017	8369

Fibromyalgia: Facts and Function

One 2-hour session.

In this session you will learn:

- What fibromyalgia is and how to explain it to family and friends
- A general overview of treatments available
- The importance of exercise in the management of fibromyalgia
- How to maintain and enhance your function when living with fibromyalgia

Who is this class for?

People with fibromyalgia or those interested in learning more about it.

Classes are facilitated by kinesiologists.

Location	Days	Time	Session Dates	ID
East Calgary Health Centre	Thu	2:00 pm - 4:00 pm	Jan. 19, 2017	8302
Richmond Road Diagnostic and Treatment Centre	Wed	1:00 pm - 3:00 pm	Nov. 2, 2016	8370
South Calgary Health Centre	Wed	1:00 pm - 3:00 pm	Mar. 29, 2017	8404
Vecova	Tue	1:00 pm - 3:00 pm	Feb. 28, 2017	8448

Finding Time for Active Living in Your Community

One 2.5-hour session.

In this session you will learn:

- Time management strategies that help you to increase active living in your life
- About the benefits of physical activity and how active living can maintain your chronic health condition
- About community resources and programs that fit your physical needs and personality style

Who is this class for?

People who are working full time and are struggling to add activity to their daily routine.

Classes are facilitated by recreation therapists.

Location	Days	Time	Session Dates	ID
East Calgary Health Centre	Tue	6:15 pm - 8:45 pm	Nov. 29, 2016	8303
South Health Campus (NEW)	Tue	6:15 pm - 8:45 pm	Oct. 25, 2016	8420

Getting Started: Planning for Success

One 2.5-hour session.

In this session you will learn:

- The causes of obesity, treatment options, and how it impacts your health and life
- Ways to record what you eat, how active you are and how you are feeling emotionally

Who is this class for?

People who want information on how to manage their weight.

Classes are facilitated by registered nurses.

Location	Days	Time	Session Dates	ID
East Calgary Health Centre	Thu	6:00 pm - 8:30 pm	Nov. 24, 2016	8304
East Calgary Health Centre	Tue	6:00 pm - 8:30 pm	Feb. 28, 2017	8305
South Health Campus	Fri	9:30 am - 12:00 pm	Oct. 7, 2016	8421

Hoping and Coping: Ways to Grow Your Own Hope

Two 2.5-hour sessions.

In these sessions you will have an opportunity to:

- Learn strategies to access and explore your strengths, and enhance your hope
- Use hope strategies and positive psychology tools to improve your health

Who is this class for?

People who want information on hope.

Classes are facilitated by social workers.

Location	Days	Time	Session Dates	ID
East Calgary Health Centre	Thu	1:00 pm - 3:30 pm	Mar. 9 and 16, 2017	8306
Vecova	Wed	1:00 pm - 3:30 pm	Dec. 7 and 14, 2016	8449

Lifestyle Change: A Toolkit for Success

One 2.5-hour session.

In this session you will learn:

- How to make and maintain healthy lifestyle changes
- Strategies such as prioritizing, journaling, problem solving, thinking skills and goal setting

Who is this class for?

People who want information on how to manage their weight.

Classes are facilitated by registered nurses.

Location	Days	Time	Session Dates	ID
East Calgary Health Centre	Thu	6:00 pm - 8:30 pm	Dec. 8, 2016	8307
East Calgary Health Centre	Tue	6:00 pm - 8:30 pm	Mar. 7, 2017	8308
South Health Campus	Tue	6:00 pm - 8:30 pm	Oct. 25, 2016	8422

Living Well with Stress

Two 2 to 2.5-hour sessions.

In these sessions you will:

- Learn the sources and signs of stress
- Explore healthy ways to cope with and manage stress
- Develop a personal plan to address the stress in your own life

Who is this class for?

People wanting to learn more about living well with stress.

Classes are facilitated by social workers.

Location	Days	Time	Session Dates	ID
Calgary Jewish Community Centre	Tue	1:00 pm - 3:30 pm	Feb. 21 and 28, 2017	8243
East Calgary Health Centre	Wed	1:00 pm - 3:30 pm	Jan. 25 and Feb. 1, 2017	8309
South Calgary Health Centre	Thu	6:00 pm - 8:30 pm	Nov. 3 and 10, 2016	8405
Vecova	Tue	1:00 pm - 3:30 pm	Oct. 11 and 18, 2016	8450

Living with Stroke

Six 2-hour sessions.

- Program includes videos, activities and discussions to learn more about dealing with stroke and its effects
- Your caregiver, a family member or a friend should attend the program with you

Who is this class for?

People who have had a stroke or TIA (Transient Ischemic Attack) or want information on living with stroke.

Classes are facilitated by nurse clinicians.

Location	Days	Time	Session Dates	ID
East Calgary Health Centre	Wed	9:00 am - 11:00 am	Feb. 22, Mar. 8, 15, 22, 29 and Apr. 5, 2017	8310
South Calgary Health Centre	Wed	10:00 am - 12:00 pm	Oct. 5, 12, 19, 26, Nov. 2 and 9, 2016	8406
Vecova	Thu	1:30 pm - 3:30 pm	Nov. 10, 17, 24, Dec. 1, 8 and 15, 2016	8451

Managing Emotional Eating

Three 2.5-hour sessions.

In these sessions you will:

- Learn about what influences your food choices
- Learn what you can do to build awareness of your own emotional eating
- Build skills and tools to help with your emotional eating

Who is this class for?

People who would like to know more about emotional eating and what they can do to manage it.

Classes are facilitated by social workers.

Location	Days	Time	Session Dates	ID
Calgary Jewish Community Centre	Tue	1:00 pm - 3:30 pm	Jan. 17, 24 and 31, 2017	8244
East Calgary Health Centre	Thu	1:00 pm - 3:30 pm	Nov. 17, 24 and Dec. 1, 2016	8311
Sheldon M. Chumir Health Centre	Tue	6:15 pm - 8:45 pm	Mar. 28, Apr. 4 and 11, 2017	8387
South Calgary Health Centre	Thu	6:00 pm - 8:30 pm	Oct. 6, 13 and 20, 2016	8407
South Health Campus	Tue	1:00 pm - 3:30 pm	Oct. 25, Nov. 8 and 15, 2016	8423
Vecova	Wed	1:00 pm - 3:30 pm	Feb. 8, 15 and 22, 2017	8452

Moving Matters

One 2.5-hour session.

In this session you will learn:

- How physical activity helps with weight loss, weight maintenance and overall health
- About lifestyle and structured physical activity
- How to create your own physical activity plan

Who is this class for?

People who want information on how to manage their weight with activity.

Classes are facilitated by registered nurses.

Location	Days	Time	Session Dates	ID
East Calgary Health Centre	Thu	6:00 pm - 8:30 pm	Nov. 24, 2016	8312
East Calgary Health Centre	Thu	6:00 pm - 8:30 pm	Mar. 30, 2017	8313
South Health Campus	Thu	6:00 pm - 8:30 pm	Jan. 26, 2017	8424

Nutrition: Eating Away From Home and During Special Occasions

One 2.5-hour session.

In this session you will learn:

- How buffets, parties, vacation and holiday eating can affect calorie intake
- Strategies to minimize extra calories when eating away from home and during special occasions

Who is this class for?

People who want to learn more about nutrition to help them manage their weight.

Classes are facilitated by registered dietitians.

Location	Days	Time	Session Dates	ID
East Calgary Health Centre	Sat	1:00 pm - 3:30 pm	Oct. 15, 2016	8314
East Calgary Health Centre	Tue	6:00 pm - 8:30 pm	Jan. 17, 2017	8315
South Health Campus	Wed	6:00 pm - 8:30 pm	Dec. 7, 2016	8425
South Health Campus	Tue	6:00 pm - 8:30 pm	Feb. 28, 2017	8426
Vecova	Fri	9:00 am - 11:30 am	Nov. 18, 2016	8453

Nutrition: I Know I Should Eat Healthy, But How?

One 2.5-hour session.

In this session you will learn:

- Tips on how to put your nutrition knowledge into practice
- The 4 P's: **P**lan, **P**urchase, **P**repare and **P**ack

Who is this class for?

People who want to learn more about nutrition to help them manage their weight.

Classes are facilitated by registered dietitians.

Location	Days	Time	Session Dates	ID
East Calgary Health Centre	Tue	6:00 pm - 8:30 pm	Nov. 22, 2016	8316
East Calgary Health Centre	Sat	9:30 am - 12:00 pm	Jan. 21, 2017	8317
East Calgary Health Centre	Sat	1:00 pm - 3:30 pm	Mar. 25, 2017	8318
South Health Campus	Sat	9:00 am - 11:30 am	Oct. 1, 2016	8427
Vecova	Fri	1:00 pm - 3:30 pm	Feb. 3, 2017	8454

Nutrition: The Top 5 Tips to Reduce Calories

One 2.5-hour session.

In this session you will learn:

- About calories and facts about managing your weight
- The top 5 tips to lower calories

Who is this class for?

People who want to learn more about nutrition to help them manage their weight.

Classes are facilitated by registered dietitians.

Location	Days	Time	Session Dates	ID
East Calgary Health Centre	Sat	9:30 am - 12:00 pm	Oct. 15, 2016	8319
East Calgary Health Centre	Tue	6:00 pm - 8:30 pm	Jan. 24, 2017	8320
East Calgary Health Centre	Sat	9:30 am - 12:00 pm	Mar. 25, 2017	8321
South Health Campus	Wed	6:00 pm - 8:30 pm	Oct. 26, 2016	8428
South Health Campus	Mon	6:00 pm - 8:30 pm	Feb. 13, 2017	8429
Vecova	Fri	1:00 pm - 3:30 pm	Feb. 10, 2017	8455

Nutrition: The Truth About What Works in Weight Management

One 2.5-hour session.

In this session you will learn:

- To evaluate what you are eating and strategies that can help lower your calories
- How meal patterns, food choices and portion size affect calorie intake
- About which foods can help you manage your weight

Who is this class for?

People who want to learn more about nutrition to help them manage their weight.

Classes are facilitated by registered dietitians.

Location	Days	Time	Session Dates	ID
East Calgary Health Centre	Wed	6:00 pm - 8:30 pm	Nov. 16, 2016	8322
East Calgary Health Centre	Sat	1:00 pm - 3:30 pm	Jan. 21, 2017	8323
East Calgary Health Centre	Wed	6:00 pm - 8:30 pm	Mar. 22, 2017	8324
South Health Campus	Sat	1:00 pm - 3:30 pm	Oct. 1, 2016	8430
South Health Campus	Mon	6:00 pm - 8:30 pm	Jan. 30, 2017	8431
Vecova	Fri	1:00 pm - 3:30 pm	Sep. 30, 2016	8456

Osteoporosis: Exercise for Healthy Bones

One 2 to 3-hour session.

In this session you will learn about:

- Exercise as a treatment for osteoporosis
- What types of exercises can reduce the risk of breaking a bone

Note: This is an education class. You will not be exercising.

Who is this class for?

People interested in how exercise can improve bone health.

Classes are facilitated by physiotherapists.

Location	Days	Time	Session Dates	ID
Airdrie - Genesis Place	Mon	1:00 pm - 4:00 pm	Feb. 6, 2017	8234
Calgary Jewish Community Centre	Wed	9:30 am - 12:00 pm	Oct. 26, 2016	8245
Calgary Jewish Community Centre	Wed	9:30 am - 12:00 pm	Feb. 15, 2017	8246
East Calgary Health Centre	Sat	10:00 am - 1:00 pm	Dec. 3, 2016	8326
East Calgary Health Centre	Wed	9:00 am - 12:00 pm	Mar. 8, 2017	8327
Vecova	Wed	9:00 am - 12:00 pm	Nov. 23, 2016	8458
Vecova	Wed	9:00 am - 12:00 pm	Jan. 18, 2017	8459

Osteoporosis and Bone Health

One 2.5 to 3-hour session.

In this session you will learn:

- What osteoporosis is and how to tell I have it
- What I can do to protect my bones
- What medical treatments are available for osteoporosis

Who is this class for?

People interested in learning more about bone health.

Classes are facilitated by registered dietitians, registered nurses or pharmacists.

Location	Days	Time	Session Dates	ID
CCECA - Cantonese	Mon	9:00 am - 12:00 pm	Nov. 28, 2016	8262
CCECA - Cantonese	Mon	9:00 am - 12:00 pm	Jan. 16, 2017	8263
East Calgary Health Centre	Thu	1:00 pm - 3:30 pm	Mar. 2, 2017	8325
Richmond Road Diagnostic and Treatment Centre	Thu	6:30 pm - 9:00 pm	Nov. 24, 2016	8371
Richmond Road Diagnostic and Treatment Centre	Thu	6:30 pm - 9:00 pm	Feb. 23, 2017	8372
Richmond Road Diagnostic and Treatment Centre	Sat	9:00 am - 11:30 am	Mar. 25, 2017	8373
South Calgary Health Centre	Thu	1:00 pm - 3:30 pm	Jan. 19, 2017	8408

Parkinson's 101

One 2-hour session.

In this session you will learn:

- What Parkinson's disease is
- How symptoms are controlled
- About treatment options
- What resources are available in the community

Who is this class for?

People diagnosed with Parkinson's and their families.

Classes are facilitated by registered nurses or client services coordinators from the Parkinson's Society.

Location	Days	Time	Session Dates	ID
East Calgary Health Centre	Wed	10:00 am - 12:00 pm	Oct. 12, 2016	8328
South Health Campus	Wed	10:00 am - 12:00 pm	Feb. 15, 2017	8432

Parkinson's Medication Information

One 2-hour session.

You will learn about the medications you take for Parkinson's and why.

Who is this class for?

People diagnosed with Parkinson's and their families.

Classes are facilitated by registered nurses.

Location	Days	Time	Session Dates	ID
East Calgary Health Centre	Wed	10:00 am - 12:00 pm	Nov. 16, 2016	8329
Vecova	Wed	1:00 pm - 3:00 pm	Mar. 1, 2017	8460

Parkinson's Speech and Swallowing Disorders

One 2 hour session.

In this session you will learn:

- The anatomy and physiology of normal speech production and swallowing
- When it is time to see a speech pathologist

Who is this class for?

People diagnosed with Parkinson's and their families.

Classes are facilitated by speech language pathologists.

Location	Days	Time	Session Dates	ID
East Calgary Health Centre	Wed	10:00 am - 12:00 pm	Oct. 5, 2016	8330
Vecova	Wed	1:00 pm - 3:00 pm	Mar. 8, 2017	8461

Planning for the Future

One 2.5 hour session.

In this session you will learn:

- How the losses through movement disorders can impact personal finances and what you can do about it
- About creating a supportive housing environment and alternate housing options (when, how and what)
- About advanced care planning (personal, health care and financial decisions to ensure your wishes are known)

Who is this class for?

People diagnosed with movement disorders such as but not limited to Parkinson's, Huntington's disease, dystonia, essential tremor and their families and friends.

Classes are facilitated by social workers.

Location	Days	Time	Session Dates	ID
Sheldon M. Chumir Health Centre	Tue	6:15 pm - 8:45 pm	Nov. 29, 2016	8388

Prediabetes: Lower Your Risk of Type 2 Diabetes

One 1.5 to 3-hour session.

In this session you will learn how to prevent or delay the onset of diabetes.

Who is this class for?

People at high risk for developing diabetes, pre-diabetes, Impaired Fasting Glucose (IFG), Impaired Glucose Tolerance (IGT) or who have a family history of diabetes.

Classes are facilitated by registered dietitians.

Location	Days	Time	Session Dates	ID
CCECA - Cantonese	Mon	9:00 am - 12:00 pm	Nov. 21, 2016	8264
CCECA - Cantonese	Mon	9:00 am - 12:00 pm	Jan. 23, 2017	8265
East Calgary Health Centre	Wed	9:00 am - 11:00 am	Oct. 12, 2016	8331
East Calgary Health Centre	Wed	9:00 am - 11:00 am	Jan. 18, 2017	8332
East Calgary Health Centre	Wed	9:00 am - 11:00 am	Mar. 22, 2017	8333
Foothills PCN: Crowfoot	Thu	6:00 pm - 8:00 pm	Nov. 10, 2016	8348
Foothills PCN: Crowfoot	Thu	6:00 pm - 8:00 pm	Feb. 9, 2017	8349
Sheldon M. Chumir Health Centre	Fri	9:30 am - 11:30 am	Mar. 3, 2017	8389
South Calgary Health Centre	Tue	1:30 pm - 4:00 pm	Mar. 7, 2017	8409

QuitCore and QuitCore Support Session

Six 1.5-hour sessions.

In these sessions you will learn:

- Quitting support techniques and aids
- How to develop a quit plan that will work for you
- Strategies to deal with recovery symptoms
- Tips on stress management, healthy eating and physical activity

Who is this class for?

People who are planning to quit using tobacco, but it is **not** a requirement that you quit using tobacco to attend the sessions. Please come and get information on quitting.

Classes are facilitated by respiratory therapists.

Location	Days	Time	Session Dates	ID
South Calgary Health Centre	Tue	6:00 pm - 7:30 pm	Jan. 17, 24, 31, Feb. 7, 14 and 21, 2017	8410
South Calgary Health Centre	Tue	6:00 pm - 7:30 pm	Jan. 31, 2017 (Support Session)	8411

Steady on Your Feet

One or three 1 to 2-hour sessions.

In these sessions you will learn information about the risk of falls and how to decrease your chance of falling.

Who is this class for?

People interested in learning about preventing falls.

Classes are facilitated by physiotherapists and occupational therapists.

Location	Days	Time	Session Dates	ID
Airdrie - Genesis Place	Mon	1:00 pm - 2:30 pm	Jan. 16, 2017	8235
Cardel Rec South	Tue	10:30 am - 12:00 pm	Mar. 7 and 14, 2017	8250
Cochrane Community Health Centre	Tue	1:00 pm - 2:30 pm	Jan. 17, 2017	8274
East Calgary Health Centre	Wed	1:00 pm - 4:00 pm	Oct. 26, 2016	8334
East Calgary Health Centre	Wed	1:00 pm - 4:00 pm	Mar. 22, 2017	8335

Stroke 101

One 2-hour interactive session. In this session you will learn:

- How to recognize and respond to stroke and TIA (Transient Ischemic Attack)
- If you have risk factors for stroke and how to reduce your risk

Who is this class for?

People wanting information on how to prevent stroke and TIA (Transient Ischemic Attack) and what to do if someone you know is having a stroke.

Classes are facilitated by nurse clinicians.

Location	Days	Time	Session Dates	ID
East Calgary Health Centre	Tue	9:00 am - 11:00 am	Mar. 7, 2017	8336
South Calgary Health Centre	Tue	9:00 am - 11:00 am	Oct. 18, 2016	8412
Vecova	Tue	1:00 pm - 3:00 pm	Dec. 6, 2016	8462

Waking Up to Healthy Sleep

One 1.5 to 2-hour session. In this session you will learn:

- Education on normal sleep and some factors that can interfere with sleep
- How to develop healthy sleep behaviours and eliminate sleep-incompatible behaviours
- Practical strategies to help improve your sleep

Who is this class for?

People who are having difficulty falling and/or staying asleep.

Classes are facilitated by respiratory therapists.

Location	Days	Time	Session Dates	ID
Calgary Jewish Community Centre	Wed	10:30 am - 12:00 pm	Nov. 2, 2016	8247
Calgary Jewish Community Centre	Wed	10:30 am - 12:00 pm	Mar. 8, 2017	8248
Cardel Rec South	Wed	10:00 am - 12:00 pm	Feb. 1, 2017	8251
East Calgary Health Centre	Wed	9:00 am - 10:30 am	Oct. 19, 2016	8337
East Calgary Health Centre	Wed	9:00 am - 10:30 am	Jan. 18, 2017	8338
East Calgary Health Centre	Wed	9:00 am - 10:30 am	Mar. 29, 2017	8339
Vecova	Thu	10:45 am - 12:00 pm	Nov. 17, 2016	8463
Vecova	Thu	10:45 am - 12:00 pm	Feb. 2, 2017	8464

Your Kidney Health

One 2.5-hour interactive workshop. In this session you will learn:

- Anatomy and function of kidneys
- Information on Chronic Kidney Disease (CKD)
- Treatment modalities for CKD
- Tips for self-management and preservation of your kidney health

Who is this class for?

People wanting to take control of their kidney health.

Classes are facilitated by registered nurses.

Location	Days	Time	Session Dates	ID
CCECA - Cantonese	Thu	9:00 am - 12:00 pm	Nov. 24, 2016	8266
CCECA - Cantonese	Thu	9:00 am - 12:00 pm	Mar. 2, 2017	8267
CCECA - Mandarin	Tue	9:00 am - 12:00 pm	Dec. 6, 2016	8272
CCECA - Mandarin	Tue	9:00 am - 12:00 pm	Feb. 21, 2017	8273
East Calgary Health Centre	Wed	10:00 am - 12:30 pm	Oct. 5, 2016	8340
Edgemont Community Centre - Mandarin	Tue	9:30 am - 12:30 pm	Oct. 11, 2016	8346
Edgemont Community Centre - Mandarin	Tue	9:30 am - 12:30 pm	Mar. 7, 2017	8347
Genesis Centre - Punjabi	Thu	1:30 pm - 3:30 pm	Mar. 2, 2017	8356
Melcor YMCA at Crowfoot	Wed	1:00 pm - 3:30 pm	Dec. 7, 2016	8358
Sheldon M. Chumir Health Centre	Wed	1:00 pm - 3:30 pm	Mar. 29, 2017	8390
South Calgary Health Centre	Wed	10:00 am - 12:30 pm	Feb. 8, 2017	8413

The information contained in this program guide is applicable from October 1, 2016 to March 30, 2017 and is subject to change and/or cancellation.

AHLP – Mission Statement

We are an interdisciplinary team leading a community-based, self-management program that puts the participant at the centre of all care.

We deliver accessible and diverse services to improve the quality of life for people with chronic health conditions.

Exercise Program

Supervised Group Exercise Classes:

- All exercise classes are offered Monday to Friday during the day.
- Classes run 2-3 times per week for 9-12 weeks.
- In order to be eligible for this program one needs to have at least one chronic condition and be able to walk.

Online Education

<https://ucalgary.ca/cdm>

Topics include:

- After Gestational Diabetes
- Blood Pressure
- Cholesterol
- Diabetes
- Introduction to Insulin Pump Therapy
- Osteoporosis
- Pre-Diabetes
- Stress and Sleep Management
- Weight Management

Better Choices Better Health®

Self-Management Workshops

Help yourself! Learn what you can do
to take control of your health.

Six 2.5-hour sessions.

BCBH®

- Learn and practice skills, such as problem solving, decision making and goal setting, needed to manage your health, especially the day-to-day challenges if you have a chronic condition
- Learn and practice ways to manage symptoms, reduce fatigue and feel better
- Workshops are led by trained leaders and most have a chronic health condition

Who is this workshop for?

Anyone who wants to gain confidence and learn skills to better manage their health, especially those with a chronic condition. Support persons may also attend.

BCBH® – Chronic Pain

Similar content to BCBH® but includes additional topics such as:

- Learn techniques to control pain
- Learn how to make everyday tasks easier

Who is this workshop for?

People with chronic pain who want to gain confidence and learn skills to better manage their health. Support persons may also attend.

To register for a Better Choices, Better Health®–Online workshop, visit
<https://betterchoicesbetterhealth.ca/online/>

For Information and to Register (Mon-Fri 8am-4pm): 403-9-Health (403-943-2584)

For Cantonese and Mandarin: 403-955-6857

For Hindi and Punjabi: 403-955-6856

Fax: 403-955-6868

www.ahs.ca/cdmcalgaryzone.asp

www.informalberta.ca

