


Education and Skills to support your health and your life

Please look through all the workshops here (for adults and caregivers too), which would support you?



NOTES:

- Most patients and community members want online courses, but we want to assist all of you. Please call us—numbers below—if you have other needs. 
- In-person workshops are offered at the East Edmonton Health Centre—see pages in this booklet for details.
- **Boosting your Brain Health, Pelvic Health** and the **S.T.E.P. Forward** programs: see information on how to register on the last three pages.
- For Diabetes workshops, please contact:
[Community Diabetes Team](#) at 825-404-7460 or 1-866-735-1051 (choose 1).
- Weight Management workshops, please contact:
[Weight Management Team](#) at 825-404-7460 or 1-866-735-1051 (choose 2).
- For further information about Stress Management, Better Choices, Better Health® and any questions about self-management workshops and supports for all chronic illnesses, please contact:
[Self-Management Support](#) at 825-404-7460 or 1-866-735-1051 (choose 3).



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Better Choices, Better Health (BCBH) ® Workshop Series Chronic Disease

Length 2.5 Hours-6 week series

To Register:

Call 825-404-7460 press 3, or
go [online](https://redcap.link/chronicdisease) at <https://redcap.link/chronicdisease>

Better Choices, Better Health® is a peer led series for adults who live with chronic (long-term) health conditions, such as Diabetes, lung disease (COPD, Asthma), Osteoporosis, and also many others such as heart, chronic fatigue, mental health conditions.

Support persons are welcome to join. Group members meet each week for 2.5 hours, either online or in person.

At the workshop, you will learn how to manage daily challenges with having a chronic condition.

- Ways to manage your condition
- How to avoid falls and improve balance
- Tips for healthy eating
- Ways to exercise and be active
- Talking about depression

Session Dates	Days	Time	Location
April 25, May 2, 9, 16, 23, 30	Thursday	1:00 pm to 3:30 pm	Zoom

....See next page for BCBH ® Chronic Pain Series!

Better Choices, Better Health (BCBH) ® Workshop Series

Chronic Pain

Length 2.5 Hours-6 week series

To Register call: 825-404-7460 press 3 or [online](https://redcap.link/chronicpain) at <https://redcap.link/chronicpain>

Better Choices, Better Health® is a peer led series for adults who live with chronic (long-term) pain/or mental health conditions such as fibromyalgia, arthritis, migraines and others. Support persons are welcome to join. Group members meet each week for 2.5 hours, either online or in person.

At the workshop, you will learn how to manage daily challenges with having chronic pain.

- Ways to manage your pain
- Tips for healthy eating and being more active
- How to talk with your health care team
- How to deal with emotions with chronic pain
- Ways to make everyday tasks easier for you
- Living a better quality of life

Session Dates	Days	Time	Location
February 15, 22, 29, March 7, 14, 21	Thursdays	6:00 pm to 8:30 pm	Zoom
February 16, 23, March 1, 8, 15, 22	Fridays	9:30 am to 12:00 pm	Zoom
March 5, 12, 19, 26, April 2, 9	Tuesdays	1:30 pm to 4:00 pm	Zoom
March 14, 21, 28, April 4, 11, 18	Thursdays	9:30 am to 12:00 pm	Zoom
March 20, 27, April 3, 10, 17, 24	Wednesdays	6:00 pm to 8:30 pm	Zoom
April 2, 9, 16, 23, 30, May 7	Tuesday	1:30 pm to 4:00 pm	Zoom
April 11, 18, 25, May 2, 9, 16	Thursday	6:00 pm to 8:30 pm	Zoom
May 1, 8, 15, 22, 29, June 5	Wednesday	10:00 am to 12:30 pm	Zoom
May 7, 14, 21, 28, June 4, 11	Tuesday	6:00 pm to 8:30 pm	Zoom
May 16, 23, 30, June 6, 13, 20	Thursday	1:30 pm to 4:00 pm	Zoom
June 4, 11, 18, 25, July 2, 9	Tuesday	9:30 am to 12:00 pm	Zoom
June 6, 13, 20, 27, July 4, 11	Thursday	10:00 am to 12:30 pm	EEHC*
June 12, 19, 26, July 3, 10, 17	Wednesday	5:30 pm to 8:00 pm	Zoom

Diabetes Workshops

Taking Charge: Daily Management

Length 2.5 Hours

Description

This person-centered workshop shares information and resources to support self-management of Diabetes. Caregivers and support persons are also welcome.

- Introduces a Diabetes Self Management plan including healthy eating, physical activity, medications, health checks, etc.
- Provides an overview of what is happening in the body with Type 2 Diabetes
- Explores common emotions experienced when managing Diabetes.
- Identifies *Diabetes Canada* blood sugar targets for fasting blood sugar, post meal blood sugar, & Hemoglobin A1C (HgA1C) measures.
- Identifies your Diabetes support team and a number of practical tools to support your health and wellness goals.

Session Dates	Days	Time	Location
February 10	Saturday	9:00 am to 11:30 am	Zoom
February 20	Tuesday	1:30 pm to 4:00 pm	EEHC*
February 22	Thursday	6:00 pm to 8:30 pm	Zoom
February 28	Wednesday	6:00 pm to 8:30 pm	Zoom
March 5	Tuesday	9:00 am to 11:30 am	Zoom
March 12	Tuesday	6:00 pm to 8:30 pm	Zoom
March 16	Saturday	9:00 am to 11:30 am	Zoom
March 27	Wednesday	1:30 pm to 4:00 pm	EEHC*
April 4	Thursday	6:00 pm to 8:30 pm	Zoom
April 11	Thursday	6:00 pm to 8:30 pm	EEHC*
April 17	Wednesday	6:00 pm to 8:30 pm	Zoom
April 24	Wednesday	9:00 am to 11:30 am	Zoom
April 30	Tuesday	9:00 am to 11:30 am	Zoom
May 4	Saturday	1:30 pm to 4:00 pm	Zoom
May 9	Thursday	1:30 pm to 4:00 pm	EEHC*
May 14	Tuesday	1:30 pm to 4:00 pm	Zoom
May 25	Saturday	9:00 am to 11:30 am	Zoom
May 30	Thursday	9:00 am to 11:30 am	Zoom
June 8	Saturday	1:30 pm to 4:00 pm	Zoom
June 12	Wednesday	1:30 pm to 4:00 pm	EEHC*
June 27	Thursday	6:00 pm to 8:30 pm	Zoom

*EEHC - East Edmonton Health Centre (Cromdale Building) at 11240-79 st.
See email sent to you a few days ahead for site and room details.

Diabetes Workshops

Taking Charge: Long Term Management Length 2.5 Hours

**Please complete Taking Charge: Daily before Taking Charge: Long Term*

Description

- Review of a Diabetes self-management plan for managing diabetes: healthy eating, physical activity, medications, health checks, etc.
- Type 2 Diabetes: Blood glucose (BG) measures and monitoring, medications commonly prescribed for Diabetes, and how they help with BG.
- Sick day management: Tips to stay safe when sick or dehydrated (low intake of fluid) with Diabetes.
- Health Checks: Why health checks are important in Type 2 Diabetes management, and knowing what important things to look for, and how to look for them, to prevent serious Diabetes complications.

Session Dates	Days	Time	Location
February 6	Tuesday	6:00 pm to 8:30 pm	Zoom
February 15	Thursday	9:00 am to 11:30 am	Zoom
February 24	Saturday	1:30 pm to 4:00 pm	Zoom
March 7	Thursday	6:00 pm to 8:30 pm	Zoom
March 20	Wednesday	6:00 pm to 8:30 pm	Zoom
April 13	Saturday	9:00 am to 11:30 am	Zoom
April 23	Tuesday	6:00 pm to 8:30 pm	Zoom
May 8	Wednesday	9:00 am to 11:30 am	Zoom
June 4	Tuesday	6:00 pm to 8:30 pm	Zoom
June 19	Wednesday	9:00 am to 11:30 am	Zoom

Foot Care

Length 2.5 Hours

Description

- Learn how to care for your feet using the INSPECT, PROTECT, PREVENT and CONSULT method.
- Learn how and why it is important to prevent, identify and deal with foot problems from Diabetes.

Session Dates	Days	Time	Location
March 2	Saturday	9:00 am to 11:30 am	Zoom
April 9	Tuesday	6:00 pm to 8:30 pm	Zoom
May 23	Thursday	6:00 pm to 8:30 pm	Zoom

Diabetes: Healthy Eating

Length 2 Hours

Description

This workshop introduces the **foundation of healthy eating for Diabetes**.

Join a Registered Dietitian to have up to date knowledge about food and Diabetes. We look at what are carbohydrates, meal timing and spacing, balanced meals and portions, healthy snacks, as well as the importance of fiber and choosing healthy fats. All adults with Diabetes and support persons and caregivers are welcome.

Session Dates	Days	Time	Location
February 8	Thursday	9:00 am to 11:00 am	Zoom
February 13	Tuesday	9:00 am to 11:00 am	Zoom
February 20	Tuesday	6:30 pm to 8:30 pm	EEHC*
February 28	Wednesday	1:30 pm to 3:30 pm	Zoom
March 16	Saturday	9:00 am to 11:00 am	Zoom
March 21	Thursday	6:30 pm to 8:30 pm	EEHC*
April 2	Tuesday	1:30 pm to 3:30 pm	Zoom
April 13	Saturday	1:30 pm to 3:30 pm	Zoom
April 16	Tuesday	6:30 pm to 8:30 pm	EEHC*
May 2	Thursday	9:00 am to 11:00 am	Zoom
May 7	Tuesday	6:30 pm to 8:30 pm	EEHC*
May 11	Saturday	1:30 pm to 3:30 pm	Zoom
May 22	Wednesday	1:30 pm to 3:30 pm	Zoom
June 8	Saturday	9:00 am to 11:00 am	Zoom
June 13	Thursday	6:30 pm to 8:30 pm	EEHC*
June 26	Wednesday	1:30 pm to 3:30 pm	Zoom

*EEHC - East Edmonton Health Centre (Cromdale Building) at 11240-79 st.
See email sent to you a few days ahead for site and room details.

Diabetes: Meal Planning

Length 2 Hours

Description

- The workshop is for skill building with healthy eating for Diabetes and adding ideal healthy eating strategies into daily life. We highly recommend that you take the Healthy Eating session first, however is not required. All adults with Diabetes and support persons and caregivers are welcome.

Session Dates	Days	Time	Location
February 7	Wednesday	6:30 pm to 8:30 pm	Zoom
March 2	Saturday	1:30 pm to 3:30 pm	Zoom
March 19	Tuesday	9:00 am to 11:00 pm	Zoom
April 11	Thursday	1:30 pm to 3:30 pm	Zoom
May 1	Wednesday	6:30 pm to 8:30 pm	Zoom
May 25	Saturday	1:30 pm to 3:30 pm	Zoom

Diabetes: Carbohydrate Counting

Length 2 Hours

Description

This workshop builds on healthy eating strategies you learned about in Healthy Eating Basics for Diabetes. You will learn:

- the carbohydrate content of various foods
- How many grams of carbohydrate to eat at meals and snacks
- and how to add up those foods to create meals
- how to read labels to know the carbohydrate content in foods

All adults with Diabetes and support persons and caregivers are welcome.

Session Dates	Days	Time	Location
February 1	Thursday	9:00 am to 11:00 am	Zoom
February 14	Wednesday	1:30 pm to 3:30 pm	Zoom
March 5	Tuesday	6:30 pm to 8:30pm	Zoom
April 18	Thursday	9:00 am to 11:00 am	Zoom
May 14	Tuesday	1:30 pm to 3:30 pm	Zoom
May 28	Tuesday	6:30 pm to 8:30 pm	Zoom
June 20	Thursday	9:00 am to 11:00 am	Zoom

Pre-Diabetes

Length 2 Hours

Description

In this workshop you will learn all the ways anyone can lower your risk for Type 2 Diabetes through healthy eating, exercise and weight management.

All adults concerned about or facing the risk of Diabetes, and caregivers and support persons are welcome.

Session Dates	Days	Time	Location
February 3	Saturday	1:30 pm to 3:30 pm	Zoom
February 29	Thursday	9:00 am to 11:00 am	Zoom
April 2	Tuesday	6:30 pm to 8:30 pm	Zoom
April 27	Saturday	1:30 pm to 3:30 pm	Zoom
May 23	Thursday	9:00 am to 11:00 am	Zoom
June 25	Tuesday	6:30 pm to 8:30 pm	Zoom

Weight Management Workshops

This program is three “Levels”- and in each Level there are three Weight Management workshops:

- Level One (3 session series)
- Level Two (3 session series– Take Level One first please)
- Level Three (3 session series- Level One and Two first please)

When you register for a level it is for all 3 dates for that series.

Weight Management Level One (3 Session Series)

Length 2.5 Hours

Description

- Learn principles of effective weight management
- Learn how to increase your physical activity, manage calories and nutrition and effective ways to develop healthier habits

Session Dates	Days	Time	Location
March 6, 13, 20	Wednesdays	6:00 pm to 8:30 pm	Zoom
March 27, April 3, April 10	Wednesdays	6:00 pm to 8:30 pm	Zoom
April 3, 10, 17	Wednesdays	6:00 pm to 8:30 pm	Zoom
April 9, 16, 23	Tuesdays	1:30 pm to 4:00 pm	Zoom
April 13, 20, 27	Saturdays	9:00 am to 11:30 am	Zoom
May 8, 15, 22	Wednesdays	6:00 pm to 8:30 pm	Zoom
May 16, 23, 30	Thursdays	1:30 pm to 4:00 pm	Zoom
June 12, 19, 26	Wednesdays	6:00 pm to 8:30 pm	Zoom

Weight Management Level Two (3 Session Series)

Length 2.5 Hours

Description

- Learn how to plan meals, develop a structured physical activity plan and how to deal with thoughts and feelings that affect behavior change.

When you register for a level it is for all 3 dates for that series.

Session Dates	Days	Time	Location
February 7, 14, 21	Wednesdays	6:00 pm to 8:30 pm	Zoom
February 15, 22, 29	Thursdays	1:30 pm to 4:00 pm	Zoom
March 13, 20, 27	Wednesdays	6:00 pm to 8:30 pm	Zoom
March 19, 26, April 2	Tuesdays	9:00 am to 11:30 am	Zoom
April 24, May 1, 8	Wednesdays	6:00 pm to 8:30 pm	Zoom
May 4, 11, 25	Saturdays	9:00 am to 11:30 am	Zoom
May 7, 14, 21	Tuesdays	1:30 pm to 4:00 pm	Zoom
May 29, June 5, 12	Wednesdays	6:00 pm to 8:30 pm	Zoom
June 13, 20, 27	Thursdays	1:30 pm to 4:00 pm	Zoom

Weight Management Level Three (3 Session Series)

Length 2.5 Hours

Description

- Learn how to manage eating away from home, increase knowledge of how to overcome challenges and maintain positive habit changes, and learn about current medication and surgical treatment options .

When you register for a level it is for all 3 dates for that series.

Session Dates	Days	Time	Location
February 24, March 2, 9	Saturdays	9:00 am to 11:30 am	Zoom
March 6, 13, 20	Wednesdays	6:00 pm to 8:30 pm	Zoom
March 21, 28, April 4	Thursdays	1:30 pm to 4:00 pm	Zoom
April 17, 24, May 1	Wednesdays	6:00 pm to 8:30 pm	Zoom
April 25, May 2, 9	Thursdays	1:30 pm to 4:00 pm	Zoom
May 22, 29, June 5	Wednesdays	6:00 pm to 8:30 pm	Zoom
June 1, 8, 15	Saturdays	9:00 am to 11:30 am	Zoom
June 4, 11, 18	Tuesdays	1:30 pm to 4:00 pm	Zoom

Stress Self-Management Workshops

Minding Stress (3 Session Series)

Length 2.5 Hours

Description

- Understand the impact of stress and learn steps to build awareness of your stressors
- Learn practical stress-management skills to create an effective stress management plan
- For any adult or caregiver of adults with any chronic illness
- For any adult interested in stress management skills

When you register for this workshop, it is for all 3 dates for that series.

Session Dates	Days	Time	Location
February 6, 13, 20	Tuesdays	1:30 pm to 4:00 pm	Zoom
March 16, 23, April 6	Saturdays	9:00 am to 11:30 am	Zoom
March 18, 25, April 1	Mondays	1:30 pm to 4:00 pm	Zoom
May 2, 9, 16	Thursdays	6:00 pm to 8:30 pm	Zoom
June 12, 19, 26	Wednesdays	6:00 pm to 8:30 pm	Zoom

Boosting Your Brain Health

Description

Length 2.5 Hours—4 weeks

This 4-week series of workshops help motivated adults take action on improving their brain health.

Learn about:

- How your brain changes from your lifestyle choices and health conditions.
- New ways to improve your brain health.
- How to set goals for day-to-day life that can benefit your brain health.

How do I take part?

- To register, see the contact details below.
- AHS workshops are no-cost, however, some sites charge a fee for space use.

Upcoming Sessions

Date and Time	Location
Thursdays, Jan 18 - Feb 8, 2024 1:00 pm to 3:30 pm	Mill Woods Seniors Association 2610 Hewes Way NW #210
Thursdays, Mar 7– 28, 2024 9:30 am to 12:00 pm	Central Lions Seniors Association 11113 - 113 Street, NW Edmonton
Tuesdays, Mar 26 - Apr 16, 2024 9:30 am to 12:00 pm	AHS Virtual
Thursdays, Apr 18 - May 9, 2024 1:00 pm to 3:30 pm	Westend Seniors Activity Centre 9629- 176 Street, NW Edmonton

Registration or Questions?

Call 780-342-8302



S.T.E.P. Forward - Supervised Transitional Exercise Program

8-10 weeks long 1 –2 hours per week

Description:

This supervised exercise program is for people with chronic illnesses who are ready to improve their physical status and overall wellness.

You will learn ways to move safely and more confidently in your home and community.

- Beginner to intermediate level, for people with chronic health conditions
- In-person and virtual options
- Small group setting, led by kinesiologist
- Built-in education components such as safe movement, goal setting and benefits of exercise

To be considered for the S.T.E.P. Forward program, you must:

- Be at least 18 years of age
- Be available during the day for a telephone interview/eligibility screening
- Have a current Alberta Healthcare (AHCIP) number
- Be able to follow three-step instructions
- Be able to participate in a group exercise environment (in-person or online via Zoom)
- Walk independently (with or without the use of walking aids)
- Participate in an intake assessment to determine program suitability

Classes are held at community sites in Edmonton, St. Albert and Sherwood Park.

STEP Sessions

Winter

Spring

Summer

Fall

Target Times

January - March

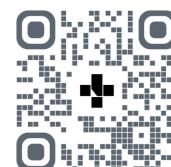
April - June

July - September

October - December

To Register or for more information:

Call 780-735-3483



Pelvic Health Physiotherapy Webinars

What is being offered?

Alberta Health Services is providing online webinars about pelvic health. These online sessions will be hosted via Zoom and will be provided by AHS Pelvic Health Physiotherapists.

Webinar Details

Female Urinary Incontinence

Do you find yourself rushing to get to the bathroom and sometimes not make it there on time? Do you avoid activities like jumping and running because your bladder may leak? If yes, this webinar may be for you!

This webinar is open to individuals of all ages with a focus on female pelvic anatomy. You will learn about the various types of urinary incontinence including common symptoms, contributing factors and simple strategies to help you manage your symptoms. Our presenters will also review basic exercises you can try at home to improve your symptoms over time.

Recovery After Baby

Have you recently delivered a baby? Have you noticed changes in your body since having a child (e.g. pelvic pain, difficulty going to the bathroom, urine leakage, etc.)? This webinar may be for you!

This webinar is open to individuals who are currently pregnant or those who have already delivered a child. The presenters will review common body changes that occur during and after pregnancy as well as basic tips to help you recover after baby.

How do I register?

To register for a session, please scan the associated QR code or visit the link below.

<https://redcap.link/FemaleUrinaryIncontinence>

<https://redcap.link/RecoveryAfterBaby>

