

April 2024 Workshops for Adults by ZOOM

**Be Supported on your Journey to Better Health
– Right from Home!**

Managing Diabetes

A 3 session workshop for those newly diagnosed with diabetes or pre-diabetes, or as a refresher for those continuing to manage their diabetes.

Overview

April 3 - Wed Evening - 5:30-8pm

April 11 - Thurs Afternoon - 1:30-4pm

April 11 - Thurs Morning - 9:30-12pm

Nutrition

April 10 - Wed Evening - 5:30-8pm

April 18 - Thurs Afternoon - 1:30-4pm

April 18 - Thurs Morning - 9:30-12pm

Ongoing Care

April 17 - Wed Evening - 5:30-8pm

April 25 - Thurs Afternoon - 1:30-4pm

April 25 - Thurs Morning - 9:30-12pm

Heart & Stroke

Learn to manage your blood pressure and cholesterol as well as understand the risks for heart disease and stroke.

Overview & Prevention

April 10 - Wed Afternoon - 1:30-4pm

April 25 - Thurs Evening - 5:30-8pm

Nutrition

April 17 - Wed Afternoon - 1:30-4pm

Managing Stress

In this 2 part series you will learn techniques to reduce, prevent, and cope with stress.

April 8 & 15 - Mon Evening - 5:30-8pm

Better Choices, Better Health

Build skills to help overcome the physical and emotional challenges and manage your health

Living with a Chronic Condition

Mar 14 – Apr 18 Thurs 6:00pm to 8:30pm

Weight Management

Learn effective weight management strategies and how to build healthier habit. Understand ways that thinking patterns, sleep, physical activity and nutrition impact your goals.

Series 1—Classes 1.1, 1.2, & 1.3

Apr 10, 17, 24 - Wed Evenings - 5:30pm-8:00pm

Apr 11, 18, & 25 – Thurs Mornings - 9:30am-12:00pm

Series 2—Classes 2.1, 2.2, & 2.3

April 15, 22, 29 – Mon Evenings - 5:30pm-8:00pm

Series 3—Classes 3.1 & 3.2

April 9 & 16 - Tues Mornings - 9:30am-12:00pm

Supervised Exercise Program -Virtual Classes-

This program meets 2 times per week, 1.5 hours/session for 6 weeks to exercise in a group setting with people with a variety of health conditions.

Mar 18- April 24 Mondays & Wednesdays
Afternoons 1:00-2:30pm
Evenings 6:00-7:30pm

April 9- May 16 Tuesdays & Thursdays
Mornings 10:00-11:30am
Afternoons 1:00-2:30pm

Moving Matters

Discuss methods of getting moving safely and learn how this can help you. Explore what gets in your way and make a plan to get started, stay motivated and have fun.

April 18 - Thurs Morning - 9:30-12pm

Help using Zoom is available



To register for a Zoom class call:

1-877-349-5711

Or

<https://www.healthylivingprogram.ca>



**Alberta Health
Services**

Alberta Healthy Living
Program