

Support Weekly Action Team-SWAT



This supportive group allows participants to set and work on goals each week. This group encourages goal sharing, problem solving and fosters a safe place to overcome any barriers that may come up. Each session is unique as a diverse range of health topics may be addressed depending on weekly discussions.

Participants must have attended a previous Alberta Healthy Living Program workshop to join SWAT. Participants can register as often as they would like.

Class Type	Date	Time	How to Register
Online	Mondays (Excludes statutory holidays)	9:00 a.m. – 10:00 a.m.	Register online or call 1-877-314-6997 Hosted by Central Zone <i>*More dates may be available by calling or registering online</i>
	Fridays (Excludes statutory holidays)	12:00 p.m. – 1:00 p.m.	

These classes are for Albertans over the age of 18. Online classes are on Zoom and participants should have access to:

- A computer, tablet, or smartphone with a working camera and microphone;
- An internet connection; [visit this webpage to learn how to join a Zoom class](#);
- A private space in Alberta while attending the class.

