

# Alberta Healthy Living Program Calgary Zone Education Guide



Adults living in Alberta can refer themselves to any of our classes and workshops. We also accept referrals from doctors and other healthcare providers.

Click on the class name to register online. You can also search our [Find Workshops & Classes](#) table to find classes and programs that fit your learning interests.

After attending a nutrition class, adults living with chronic conditions in the Calgary Zone can call us to book an individual dietitian appointment for more support. Booking is by phone only.

Visit [www.ahs.ca/bcbh](http://www.ahs.ca/bcbh) to learn more about the 6-week Better Choices, Better Health® workshops.

Supervised Exercise is available to adults living with chronic conditions in the Calgary Zone. Learn more by visiting <https://www.ahs.ca/info/Page18354.aspx>.

For more information about the Alberta Healthy Living Program Calgary Zone, visit [www.ahs.ca/ahlp](http://www.ahs.ca/ahlp). Or [sign-up to get our program updates emailed to you](#).

Call us Monday to Friday, 8:00am – 4:00pm.

Phone: 1-844-527-1160

Fax: 403-955-6868

Email: [AHLP.CalgaryZone@ahs.ca](mailto:AHLP.CalgaryZone@ahs.ca)

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## Classes & Workshops Offered in Different Languages

### Cantonese

- [Better Choice, Better Health® - Chronic Pain](#)
- [Diabetes & Prediabetes: Tips for Eating](#)
- [Eating Well for Good Health](#)
- [Heart Healthy Eating](#)

### Punjabi

- [Celiac Disease—Going Gluten-Free \(video\)](#)
- [Diabetes & Prediabetes: Tips for Eating](#)
- [Heart Healthy Eating](#)

### Mandarin

- [Diabetes & Prediabetes: Tips for Eating](#)
- [Eating Well for Good Health](#)
- [Heart Healthy Eating](#)

### Tagalog

- [Better Choices, Better Health® - Chronic Disease](#)



## Classes & Workshops

### Condition Specific

- [Arthritis: Self-Management of Osteoarthritis](#)
- [Celiac Disease: Going Gluten-Free](#)
- [COPD: Breathing Matters](#)
- [COVID-19 Symptom Management and Recovery \(video series\)](#)
- [Diabetes & Prediabetes: Tips for Eating](#)
- [Fatty Liver Disease](#)
- [Fibromyalgia: Facts and Function](#)
- [Heart Healthy Eating](#)
- [Irritable Bowel Syndrome](#)
- [Kidney Health](#)
- [Kidney Health: What Should I Eat?](#)
- [Myalgic Encephalomyelitis \(video series\)](#)
- [Obstructive Sleep Apnea](#)
- [Osteoporosis and Bone Health](#)
- [Osteoporosis: Staying Active & Exercising](#)
- [Parkinson's 101](#)
- [Parkinson's Medication Information](#)
- [Parkinson's: Planning for the Future with Movement Disorders](#)
- [Parkinson's Speech & Swallowing Disorders](#)
- [Weight Management: Dietitian Question & Answer](#)
- [Weight Management: Eating Well for Weight and Health](#)

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### General Health

- [Better Breathing](#)
- [Better Choices, Better Health® Chronic Disease](#)
- [Better Choices, Better Health® Chronic Pain](#)
- [Conserving Your Energy](#)
- [Fall Prevention: Getting Up and Down from the Floor Safely](#)
- [Fall Prevention: Steady on Your Feet](#)
- [Pain: Pacing for People with Chronic Pain](#)
- [Pain Neuroscience Education](#)
- [Physical Activity: Get Active, Stay Active \(video\)](#)
- [Physical Activity: Planning for Success with Exercise \(video\)](#)
- [Planning for the Future: Health Decisions Matter](#)
- [Sleep Habits](#)

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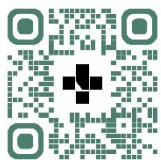
### General Nutrition Classes

- [Eating Away from Home](#)
- [Eating Well for Good Health](#)
- [Food Labels](#)
- [Meal Planning](#)
- [The Glycemic Index and Your Health](#)

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### Emotional Wellness

- [Emotional Eating](#)
- [Grief: Understanding Your Experience](#)
- [Intuitive Eating](#)
- [Self-Kindness: Try Motivating with Self-Compassion](#)
- [Stress](#)



Scan to view on your mobile device.

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**Alberta Health  
Services**

Alberta Healthy Living  
Program