



What you need to know

about the changes to the Alberta Healthy Living Program – Calgary Zone’s nutrition offerings

The Alberta Healthy Living Program (AHLP) – Calgary Zone’s nutrition services are changing starting April 1, 2025.

What is changing in the Alberta Healthy Living Program (AHLP) – Calgary Zone’s nutrition services offerings?

- AHLP’s nutrition services is being focused on digestive health, liver health, and malnutrition.

How is this change impacting the nutrition classes I will have access to?

- There are minimal changes to the classes that are available for you to take.
- Visit [AHLP Find Workshops and Classes](#) to see a list of available nutrition classes.

Can I still access nutrition services in other languages?

- Yes. We offer nutrition counseling services in Cantonese, Mandarin, Hindi, and Punjabi.
- If you do not speak these languages, we can call an interpreter for your appointment.

How can I access nutrition services?

- You can register for our nutrition classes through our website (ahs.ca/ahlp) or by calling 1-844-527-1160.
- If you need one-on-one nutrition counseling, a healthcare provider will need to refer you to our program.

I would like to see a registered dietitian for a one-on-one appointment. Am I eligible?

- Telephone, Zoom, and in-person nutrition counseling services are available to adults (18+) who live in the Calgary Zone with any of the following conditions:
 - Altered digestive function (e.g., celiac disease, short bowel syndrome, diverticular disease, colitis, irritable bowel syndrome, inflammatory bowel disease)
 - Liver concerns (e.g., fatty liver, hepatitis, liver cirrhosis)
 - Malnutrition
- If you are interested in meeting with a dietitian about a condition we offer classes for, you will be required to take the class first before scheduling a dietitian appointment.
- If you have a nutrition-related question about a condition that is not listed above, speak with your healthcare provider about a referral to a Primary Care Network (PCN) or a community dietitian. If you do not have a family doctor, you can call Health Link 8-1-1. They have a dietitian on staff that can answer nutrition questions.