

August 4, 2021

Additional Wellness Exchange course dates available

Free, online courses focus on topics including exploring healthy connections

EDMONTON – New sessions are now available for Alberta Health Services' Wellness Exchange. Due to an overwhelming response, AHS has added additional fall and winter sessions. Albertans can register for any or all courses ranging in topics from managing reactions, helpful thinking, and increasing confidence through effective problem solving.

What: "Wellness Exchange" is a free week online class with five topics related to wellness.

Where: Online (via smartphone, tablet, or computer).

When: Thursdays, 6:30 – 7:30 p.m. Sept. 16 to Oct. 21, 2021 (no session on Sept 30)
Mondays, 2:00 – 3:00 p.m. Nov. 8 to Dec. 6, 2021

Who: Anyone interested in learning skills to cope with change, deal with stress, and pursue goals is welcome.

Registration: Register for any topic of interest. No need to attend all of the sessions.

Week 1 Problem Solving

It's important to clearly define our problems and look at all possible solutions. Learning ways to problem solve effectively helps us address the entire situation, gain control over what we can, and increase our confidence in the decisions that we make.

Wednesday, September 8 from 1:30 p.m. to 2:30 p.m. (*full*)

[Thursday, September 16 from 6:30 to 7:30 p.m.](#)

[Monday, November 8 from 2:00 to 3:00 p.m.](#)

Week 2 Positive Activities

Positive activities provide us with opportunities for enjoyment and can improve our mood, increase our sense of control over our life, and create hope.

Tuesday, July 27 from 10:30 a.m. to 11:30 a.m. (*full*)

Wednesday, September 15 from 1:30 p.m. to 2:30 p.m. (*full*)

[Thursday, September 23 from 6:30 to 7:30 p.m.](#)

[Monday, November 15 from 2:00 to 3:00 p.m.](#)

Week 3 Managing Reactions

Physical and emotional reactions happen as life stressors occur. Having confidence that we are able to effectively manage our emotions is important, as it helps protect our well-being, maintain our healthy connections, make effective decisions, and respond in healthy ways.

Tuesday, August 3 from 10:30 a.m. to 11:30 a.m. *(full)*

Wednesday, September 22 from 1:30 p.m. to 2:30 p.m. *(full)*

[Thursday, October 7 from 6:30 to 7:30 p.m.](#)

[Monday, November 22 from 2:00 to 3:00 p.m.](#)

Week 4 Helpful Thinking

Our thoughts have an impact on how we see the world, how we feel, and how we behave. Shifting our unhelpful patterns to include helpful thinking is important to help increase our confidence in coping with stressors, improve our mood, and reduce the intensity of our reactions.

Tuesday, August 10 from 10:30 a.m. to 11:30 a.m. *(full)*

Wednesday, September 29 from 1:30 p.m. to 2:30 p.m. *(full)*

[Thursday, October 14 from 6:30 to 7:30 p.m.](#)

[Monday, November 29 from 2:00 to 3:00 p.m.](#)

Week 5 Healthy Connections

Social support and connecting with others helps us feel a sense of belonging and reduces isolation that can occur when stressor increase. Building healthy social connections helps increase our confidence, overall effectiveness, and flexibility when handling life-changing events and problems.

Tuesday, August 17 from 10:30 a.m. to 11:30 a.m. *(full)*

Wednesday, October 6 from 1:30 p.m. to 2:30 p.m. *(full)*

[Thursday, October 21 from 6:30 to 7:30 p.m.](#)

[Monday, December 6 from 2:00 to 3:00 p.m.](#)

Questions: ahswellnessexchange@ahs.ca

Alberta Health Services is the provincial health authority responsible for planning and delivering health supports and services for more than four million adults and children living in Alberta. Its mission is to provide a patient-focused, quality health system that is accessible and sustainable for all Albertans.

For media inquiries, contact:

Shelley Rattray
Alberta Health Services
587-986-9689