Wellness Exchange: AHS continues to provide virtual wellness workshops

*Free, online workshops available to Albertans.*

EDMONTON – Wellness Exchange is a series of skill-building workshops designed to help increase our ability to cope with change, build resilience, and improve our overall well-being. Topics include problem-solving, positive activities, managing reactions, helpful thinking, and healthy connections.

**What:** “Wellness Exchange” is a free online class with five topics related to wellness – one topic per week.

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

**When:**
- Wednesdays, 1:30 – 3:00 p.m. September 14 to October 12, 2022
- Tuesdays, 6:30 – 8:00 p.m. October 18 to November 15, 2022
- Tuesdays, 10:30 a.m. – 12:00 p.m. November 15 to December 13, 2022

**Who:** Adults interested in learning skills to cope with change and deal with stress.

**Registration:** Register for any or all topics of interest.

**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, influence what we can, and increase our confidence in the decisions that we make.

- Registration for Wednesday, September 14 from 1:30 – 3:00 p.m.
- Registration for Tuesday, October 18 from 6:30 to 8:00 p.m.
- Registration for Tuesday, November 15 from 10:30 a.m. to 12:00 p.m.

**Week 2 Positive Activities**
Positive activities provide us with opportunities for enjoyment, improve our mood, increase our sense of control over our life, and create hope.

- Registration for Wednesday, September 21 from 1:30 – 3:00 p.m.
- Registration for Tuesday, October 25 from 6:30 to 8:00 p.m.
- Registration for Tuesday, November 22 from 10:30 a.m. to 12:00 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.

Registration for Wednesday, September 28 from 1:30 – 3:00 p.m.
Registration for Tuesday, November 1 from 6:30 to 8:00 p.m.
Registration for Tuesday, November 29 from 10:30 a.m. to 12:00 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 thinking to more helping thinking is important to help increase our confidence in coping with stressors, improve our mood, and reduce the intensity of our reactions.

Registration for Wednesday, October 5 from 1:30 – 3:00 p.m.
Registration for Tuesday, November 8 from 6:30 to 8:00 p.m.
Registration for Tuesday, December 6 from 10:30 a.m. to 12:00 p.m.

Week 5 Healthy Connections
Social support and connecting with others helps us feel a sense of belonging and reduces isolation. Building healthy social connections helps increase our confidence and our overall well-being.

Registration for Wednesday, October 12 from 1:30 – 3:00 p.m.
Registration for Tuesday, November 15 from 6:30 to 8:00 p.m.
Registration for Tuesday, December 13 from 10:30 a.m. to 12:00 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:

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