

June 1, 2023

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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. *Please note: Workshops are not recorded.*

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

When: Thursdays, 1:30 – 3:00 p.m. July 20 to August 17, 2023
Thursdays, 1:30 – 3:00 p.m. September 28 to October 26, 2023
Wednesdays, 6:30 – 8:00 p.m. November 1 to November 29, 2023

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 Thursday, July 20 from 1:30 to 3:00 p.m.](#)

[Registration for Thursday, September 28 from 1:30 to 3:00 p.m.](#)

[Registration for Wednesday, November 1 from 6:30 – 8:00 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 Thursday, July 27 from 1:30 to 3:00 p.m.](#)

[Registration for Thursday, October 5 from 1:30 to 3:00 p.m.](#)

[Registration for Wednesday, November 8 from 6:30 – 8:00 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 Thursday, August 3 from 1:30 to 3:00 p.m.](#)

[Registration for Thursday, October 12 from 1:30 to 3:00 p.m.](#)

[Registration for Wednesday, November 15 from 6:30 – 8:00 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 Thursday, August 10 from 1:30 to 3:00 p.m.](#)

[Registration for Thursday, October 19 from 1:30 to 3:00 p.m.](#)

[Registration for Wednesday, November 22 from 6:30 – 8:00 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 Thursday, August 17 from 1:30 to 3:00 p.m.](#)

[Registration for Thursday, October 26 from 1:30 to 3:00 p.m.](#)

[Registration for Wednesday, November 29 from 6:30 – 8:00 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.

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