Albertans invited to free, online wellness workshops

EDMONTON – Albertans are invited to participate in Wellness Exchange, an upcoming series of skill-building workshops designed to help adults increase their ability to cope with change, build resilience, and improve overall well-being.

The workshops, which start next month, are divided into five weekly sessions, each related to a specific topic related to wellness. They run Tuesdays from 11 a.m. to noon between March 8 and April 5; Wednesdays from 6:30 p.m. to 7:30 p.m. between April 13 to May 11; and Thursdays from 11 a.m. to noon between May 26 to June 23. Albertans can register for some or all of the five sessions, and participate through a smartphone, tablet or computer. The sessions are:

Week 1: Problem-solving — It’s important to clearly define problems and look at all possible solutions. Learning ways to problem solve effectively, influence what we can, and increase confidence in the decisions that we make.
- Registration for Tuesday, March 8 from 11 a.m. to noon
- Registration for Wednesday, April 13 from 6:30 p.m. to 7:30 p.m.
- Registration for Thursday, May 26 from 11 a.m. to noon

Week 2: Positive Activities — Positive activities provide opportunities for enjoyment, improve mood, increase sense of control over life, and create hope.
- Registration for Tuesday, March 15 from 11 a.m. to noon
- Registration for Wednesday, April 20 from 6:30 p.m. to 7:30 p.m.
- Registration for Thursday, June 2 from 11 a.m. to noon

Week 3: Managing Reactions — Having confidence in one’s ability to effectively manage emotions is important, as it helps protect well-being, maintain healthy connections, make effective decisions, and respond in healthy ways.
- Registration for Tuesday, March 22 from 11 a.m. – noon
- Registration for Wednesday, April 27 from 6:30 p.m. to 7:30 p.m.
- Registration for Thursday, June 9 from 11 a.m. to noon

Week 4: Helpful Thinking — Thoughts have an impact on how we see the world, how we feel, and how we behave. Shifting from unhelpful to helping thinking is important to help increase our confidence in coping with stressors, improve mood, and reduce the intensity of reactions.
- Registration for Tuesday, March 29 from 11 a.m. to noon
- Registration for Wednesday, May 4 from 6:30 p.m. to 7:30 p.m.
- Registration for Thursday, June 16 from 11 a.m. to noon

Week 5: Healthy Connections — Social support and connecting with others helps us feel a sense of belonging and reduces isolation.
- Registration for Tuesday, April 5 from 11 a.m. to noon
- Registration for Wednesday, May 11 from 6:30 p.m. to 7:30 p.m.
- Registration for Thursday, June 23 from 11 a.m. to noon
Email AHSWellnessExchange@ahs.ca with any questions on the Wellness Exchange.

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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