

June 16, 2020

Follow AHS_Media on Twitter 

Alberta Healthy Living Program workshops offered online

GRANDE PRAIRIE – Residents in northern Alberta are invited to attend free, online Alberta Health Services (AHS) workshops designed to help Albertans develop skills to live healthy lifestyles.

The Alberta Healthy Living Program (AHLP) is now offering health education workshops via Zoom, an online video communication app. Participants can access these workshops at home on computer, tablet or phone.

Workshops are led by AHS healthcare staff. Participants will meet others who share similar health experiences in a supportive and interactive setting. Each workshop is delivered over the course of 2.5-hour online sessions. Session days and times vary.

Registrations are open for the following online workshops:

Minding Stress: Participants will learn more about what stress is, why it matters and how to deal with it. This workshop is delivered in two sessions.

Managing Emotional Eating: Participants will explore how habits, lifestyle and emotions influence our relationship with food. This workshop is delivered in three sessions.

Heart and Stroke: How do high blood pressure and cholesterol affect your body? What can you do to manage and reduce your risk? Delivered in two sessions, participants will learn about the answers to these questions and more.

Better Choices, Better Health: Participants will learn the skills they need to take charge of their health. This is a six-week workshop with one session weekly.

These workshops will be offered monthly, with additional workshops about diabetes and weight management coming soon. To register, or to find out which AHLP workshop is for you, please call 1-877-349-5711.

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.

- 30 -

For media inquiries, contact:

Logan Clow
Alberta Health Services
780-833-3618