

# Alberta Healthy Living Program South Zone Education Guide



Adults living in Alberta can refer themselves to any of our classes and workshops. We also accept referrals from doctors and other healthcare providers.

You can search our [Find Workshops & Classes](#) table to find classes and programs that fit your learning interests.

After attending a nutrition class, adults living with chronic conditions in the South Zone can call us to book an individual dietitian appointment for more support. Booking is by phone only.

Supervised Exercise is available to adults living with chronic conditions in the South Zone. Learn more by visiting [Supervised Exercise | Alberta Health Services](#)

Visit [Better Choices, Better Health | Alberta Health Services](#) to learn more about the 6-week Better Choices, Better Health® workshops.

For more information about the Alberta Healthy Living Program South Zone, visit [www.ahs.ca/ahlp](http://www.ahs.ca/ahlp)

Call us Monday/Friday, 8:00am – 4:00pm

**1-866-795-9709** (Brooks, Medicine Hat, and rural area)

**1-866-506-6654** (Lethbridge or rural)



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## Classes & Workshops Offered in South Zone

### Condition Specific

- [Bariatric Specialty Clinic](#)
- [Cardiovascular Disease: Heart Check](#)
- [Chronic Pain: Explain Pain Series](#)
- [Basic Diabetes Management](#)
- [Heart Failure Education](#)
- [Nutrition: Irritable Bowel Syndrome \(IBS\)](#)
- [Nutrition: Heart Healthy Eating](#)
- [Weight Management Program](#)

### General Health

- [Better Choices, Better Health® Chronic Disease](#)
- [Better Choices, Better Health® Chronic Pain](#)
- [Energy Management](#)
- [Moving you Towards Healthier Sleep](#)
- [Supervised Exercise](#)

### Emotional Wellness

- [Minding Stress](#)
- [Managing Emotional Eating](#)

## Classes & Workshops Offered in Other Zones

### Condition Specific

- [Arthritis: Self-Management of Osteoarthritis](#)
- [Celiac Disease: Going Gluten-Free](#)
- [COPD: Breathing Matters](#)
- [COVID-19 Symptom Management and Recovery \(video series\)](#)
- [Diabetes & Prediabetes: Tips for Eating](#)
- [Heart Health: Eating to Improve Blood Pressure](#)
- [Heart Health: Eating to Improve Cholesterol](#)
- [Heart Wise](#)
- [Fatty Liver Disease](#)
- [Fibromyalgia: Facts and Function](#)
- [Fall Prevention: Steady on Your Feet](#)
- [Osteoporosis and Bone Health](#)
- [Osteoporosis: Staying Active & Exercising](#)
- [Pacing for People with Chronic Pain](#)
- [Obstructive Sleep Apnea](#)
- [Weight Management: Dietitian Question & Answer](#)

### Emotional Wellness

- [Grief: Understanding Your Experience](#)
- [Intuitive Eating](#)
- [Self-Kindness: Try Motivating with Self Compassion](#)



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Alberta Healthy Living Program



## General Health

- [Moving Matters](#)
- [Better Breathing](#)
- [Conserving Your Energy](#)
- [Pain: Pacing for People with Chronic Pain](#)
- [Physical Activity: Get Active, Stay Active \(video\)](#)
- [Physical Activity: Planning for Success with Exercise \(video\)](#)
- [Sleep Habits](#)
- [Support Weekly Action Team - SWAT](#)

## General Nutrition Classes

- [4 P's for Meal Planning](#)
- [Eating Away from Home](#)
- [Eating Well for Good Health](#)
- [Food Labels: Reading Between the Lines](#)
- [Meal Planning](#)
- [Tips for Eating: Prediabetes and Diabetes](#)
- [The Glycemic Index and Your Health](#)

## Classes & Workshops Offered in Different Languages

### Cantonese

- [Better Choice, Better Health® - Chronic Pain](#)

### Punjabi

- [Celiac Disease—Going Gluten-Free \(video\)](#)
- [Diabetes & Prediabetes: Tips for Eating](#)
- [Heart Healthy Eating](#)

### Tagalog

- [Better Choices, Better Health® - Chronic Disease](#)



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