Education that supports your health and your life

South Zone • Workshop Guide

The Alberta Healthy Living Program (AHLP) offers free workshops and one-on-one sessions to help you better manage and/or support someone with a chronic condition.

For more information or to register, call 1-866-506-6654 (Lethbridge & rural area) 1-866-795-9709 (Brooks, Medicine Hat & rural area)
Education empowers you

You can live healthier by learning what changes can help you feel better and more confident about managing a chronic condition.

It could be small changes, such as watching what and how much you eat or adding physical activity to your day. Or it could be big changes that involve understanding your emotions and how they can affect your health.

The AHLP helps you discover changes—big or small—that will help you live healthier and learn to confidently manage your health.

Who it’s for

AHLP workshops are for Albertans interested in learning how to prevent or manage a chronic condition. Family, friends and caregivers are also welcome to attend. We require participants to be:

- Capable of participating in group settings
- Able to understand basic English
- At least 18 years of age or older

Learn to live healthier

Workshops in this guide are designed to help you learn how to prevent/manage a chronic condition and live healthier. Workshops vary by community, but in general cover:

- Disease-specific education for conditions such as diabetes, obesity, high blood pressure and more
- General health topics such as nutrition, reducing stress and sleeping well
- Supervised exercise programs

Workshops are led by healthcare professionals including health educators, registered dietitians, registered nurses and exercise specialists.

Note:

As of 2021 all workshops are only offered virtually over Zoom.
### Getting Started with Weight Management

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<th>Sessions</th>
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<tbody>
<tr>
<td>Who it's for</td>
<td>Anyone who wants to explore the topic of weight and health.</td>
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**Length**

2½ hours

**Description**

This is an introductory group session to help you explore the topic of weight and health. You will have an opportunity to reflect on how your weight might be impacting your health and your life. The session will briefly introduce you to strategies to help you achieve your personal best weight, and give you options for next steps for further support.

**Topics Include:**

- Understanding weight and health
- Strategies for managing weight lifelong
- Next Steps

### Weight Management Series

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<th>Sessions</th>
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<tbody>
<tr>
<td>Who it's for</td>
<td>Anyone who has completed Getting Started</td>
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</table>

**Length**

2½ hours

**Description**

This series of group sessions will support sustainable lifestyle change strategies to help you achieve your personal best weight.

**Topics Include:**

- Creating realistic action plans
- Overcoming challenges
- Managing weight and health lifelong

### Healthy Eating for Reducing Risk

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<th>Sessions</th>
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<tr>
<td>Who it's for</td>
<td>For those with an interest in healthy eating to manage heart health.</td>
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</table>

**Length**

1½ hours

**Description**

A class that teaches you how to protect your heart and enjoy healthy eating.

**Topics Include:**

- Reading food labels
- Making healthy choices

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Stroke Sense

Sessions
1

Who it's for
Anyone who has had a TIA or stroke or their support person.

Length
2½ hours

Description
This class will help to separate fact from fiction regarding stroke.

Topics Include:
- Types of stroke
- Anatomy and function of the brain
- Making lifestyle changes

Better Choices, Better Health®
Chronic Disease & Chronic Pain - Self Management Programs

Sessions
6

Who it's for
Anyone living with or supporting someone with chronic pain or a chronic disease.

Length
2½ hours each

Description
Nutrition, physical activity and stress affect your life, especially when you're living with ongoing health concerns. These workshops will help you discover changes and strategies to help you live healthier.

Topics include:
- Managing pain, fatigue and stress
- Making positive nutrition and active living choices
- Setting personal goals and acting on your plans.
- Overcoming the physical and emotional challenges of living with chronic conditions

Available Online
You can join this workshop from any computer with an Internet connection, including dial-up. Easy-to-follow interactive sessions are posted weekly for six weeks and require about 2-2½ hours a week at your convenience. You can choose to remain anonymous.
To register, visit https://betterchoicesbetterhealth.ca/online
Bariatric Specialty Clinic Classes

Sessions
4

Length
Varies by class

Who it's for
Registered bariatric specialty clinic patients.

Description
Individual classes that provide information and assist patients through the bariatric surgery journey.

Topics Include:

- General information on the bariatric clinic
- Preparing for surgery
- Nutrition for surgery
- Mental wellness for surgery

NOTE: Physician referral required

Referral Criteria:

- Adults, age 18-64
- Valid Alberta Health Care Card
- BMI equal to 40 or BMI greater or equal to 35 with an obesity-related comorbidity (ex. diabetes mellitus, hypertension)
- No severe, untreated personality disorder, active psychosis, active substance dependencies, and/or major cognitive impairment
**COPD**

**Sessions**
2

**Who it’s for**
Anyone with Chronic Obstructive Pulmonary Disease.

**Length**
2½ hours

**Description**
This is the education portion of Pulmonary Rehabilitation and covers understanding and managing Chronic Obstructive Pulmonary Disease.

**Topics include:**
- What is COPD and how it is diagnosed
- Preventing progression of COPD
- Identifying triggers and managing flare-ups
- Types of inhaler devices and best technique
- The importance of action plans

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**Managing Emotional Eating**

**Sessions**
3

**Who it’s for**
Anyone who wants to learn about emotional eating and what they can do to manage it.

**Length**
2½ hours each

**Description**
This small group session will use class discussion and materials to closely examine what influences food choices and eating behaviors.

**Topics include:**
- Food triggers, such as emotions, situations, events and cravings
- Strategies for long-term, healthy eating habits
- How to form a healthy relationship with food
Managing Stress for Better Health and Wellness

Sessions
2

Who it’s for
Anyone who feels stress and would like to learn how to reduce or prevent it.

Description
In these two classes you will learn how stress is normal and important. How stress and health are linked, why it is important to manage stress in healthy ways, the importance of motivation and strategies to control or turn down your stress response.

Topics include:
- What stress is
- What causes stress and how it can affect your life
- Managing stress

Basic Diabetes Management

Sessions
1

Who it’s for
Anyone with or at risk of developing type 2 diabetes.

Description
Find out what happens in your body when you have pre-diabetes or diagnosis of Type 2 Diabetes. This class will review how diabetes is diagnosed, cover the signs and symptoms of diabetes. As well as describe the tools you can use to help take charge of your diabetes, explain how sugar in foods affects your health and emphasize on portion sizes and consistent carbohydrate intake.

Topics include:
- How diabetes diagnosed
- Signs and symptoms
- Nutrition
- Medication
- Blood glucose monitoring

Take the test
To determine your risk of developing diabetes, take this fast and easy online test at http://diabetestest.ca
Energy Management

Sessions
2

Who it's for
Anyone who struggles with having enough energy to manage basic daily tasks.

Description
These classes will teach you about fatigue and energy levels. You will learn ways to manage your energy with the hope that you will be better able to do the things you want and need to do.

Topics include:
- Fatigue and energy
- Planning tasks
- Managing limitations

Moving You Towards Healthier Sleep

Sessions
1

Who it's for
Anyone who wants to sleep better.

Description
This class explores the importance of sleep and how it impacts our health and life. It focuses on lifestyle changes that you can make to improve quality and quantity of sleep.

Topics include:
- Current sleep status, identifying challenges
- Understanding sleep
- Strategies to improve sleep
Transform You Stress: The Resilience Advantage (HeartMath® Part 1)

Sessions

1

Who it’s for

Anyone looking to improve and learn new ways of managing stress

Length

2 hours

Description

This interactive workshop includes a basic discussion of stress plus looks at different ways to manage stress, including 2 HeartMath® techniques. HeartMath is an evidence-informed approach to stress management that uses tools and techniques based on breathing and self-generated positive emotional shifts.

Topics include:

1. Discuss the stress response
2. Identify warning signs of stress
3. Help participants make an action plan to address their own stress
4. Review how emotions impact the body, brain, and overall health
5. Demonstrate 2 practical stress-relieving techniques from HeartMath®
6. Discuss how resilience can be enhanced through regular use of these techniques.

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Transform Your Stress: The Resilience Advantage (HeartMath® Part 2)

**Sessions**
1

**Who it's for:**
Anyone who has completed Level 1

**Length**
2 hours

**Description**
This interactive workshop builds on Transform your Stress: The Resilience Advantage Part 1 (must be completed prior to Part 2).

**Topics include:**
1. Discuss perception and the impact on daily life experiences
2. Practice a tool for problem solving based in techniques learned to Part 1
3. Apply techniques to communication
4. Additional tools for enhancing resilience.
Explaining Pain - Chronic Pain Management

Sessions
9

Who it's for
Anyone who is suffering from chronic pain.

Length
2 hours each

Description
This interactive class is focused on providing current research and management methods for chronic pain.

To effectively manage chronic pain we have to first understand it. After we have built a new understanding of pain, we will then hear from Dietitians, Occupational Therapists, Exercise Specialists and other clinical experts as they provide pain management knowledge and treatment options. By the end of this course you will know more about your pain and be equipped with more options on how to manage it.

Topics include:
• Understand how pain works in the body
• The various drivers of chronic pain
• Learn how to adapt our lifestyle amidst chronic pain
• Discover tools and resources to reduce your pain

Virtual Grocery Store Tour

Sessions
1

Who it's for
Anyone who wants to grocery shop the healthy way.

Length
60 Min

Description
In this interactive class, participants will learn to read and understand food labels and ingredient lists. You will learn how to plan a healthy grocery list, how to avoid impulse buys, and tips for saving money when grocery shopping. Participants will be able to practice these skills in the virtual grocery store and with foods from home.

Topics include:
• Learn about label reading and understanding the nutrition facts table
• Build skills to help you make the healthiest choice at the grocery store

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Cardiac Education

Sessions
5

Who it’s for
Anyone who has, or wants to learn how to decrease the risk of developing Heart Disease

Length
1 or 1½ hours each

Description
Participants are able to pick any classes they want to attend.

- **Coronary Artery Disease and Medication:**
  - An overview of the heart and Coronary Artery Disease, signs and symptoms, medications and other management options

- **Blood Pressure:**
  - An overview of blood pressure targets, monitoring, management options and medications

- **Cholesterol:**
  - An overview of cholesterol targets, lifestyle changes, medications and other management options

- **Risk Reduction:**
  - An overview of the risk factors of chronic disease and lifestyle changes to help to reduce risk

- **Exercise with Heart Disease:**
  - An introduction to safe exercise and activity, while living with heart disease

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Heart Failure Education

Sessions
1

Who it’s for
Anyone wanting to understand and learn how to manage chronic heart failure.

Length
2 hours

Description
This is an interactive class focused on understanding and managing chronic heart failure. Participants will gain an understanding of what heart failure is, risk factors and warning signs/symptoms. Treatments recommended in managing heart failure are reviewed. The importance of self-management and when to access a health care provider is emphasized.

Supervised Exercise Program

Sessions
Sessions vary by community.

Who it’s for
For individuals with one or more chronic conditions interested in learning how to exercise safely and experience the health benefits.

Note: Requires Physician referral.

Length
1 hour each

Description
A medically supervised exercise program for individuals living with chronic conditions.

Topics Include:

• Types of exercise
• Learn how to self-monitor and stay safe while exercising
• Symptom management
• Increase endurance, muscle strength, balance and flexibility
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