



## Class Schedule Guide – Calgary Zone

The Alberta Healthy Living Program (Calgary Zone) offers over 40 free health education classes for adults living in Alberta. We offer general health information classes as well as condition-specific classes.

All classes are offered over Zoom. Many of the nutrition-related classes are also offered over the phone. See the last two pages for classes offered in [Cantonese \(廣東話\)](#), [Mandarin \(普通話\)](#), [Punjabi \(ਪੰਜਾਬੀ\)](#) and [Tagalog](#).

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To register for **classes and workshops** online:

1. Find the class in this booklet.
2. Click the class name to open the online registration form.
3. Fill out the form. Only classes with space available will be listed on the form.
4. Submit the form and you will receive an email with information on how to join the class or workshop.

Class descriptions can be found in our [Class Description Handbook](#).

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

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**Call us** if you need help with registration or if you have questions about our program.

**1-844-527-1160**

Our phone lines are open 8:00 am - 4:00 pm, Monday to Friday.

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[Sign-up for our program updates](#)

# Video Resources

## Helping You Feel Better after COVID-19

### Eating After COVID-19

- [Nutrition and Fatigue After COVID-19](#)
- [Loss of Taste and Smell After COVID-19](#)
- [Difficulty Swallowing After COVID-19](#)

### Managing Breathing & Sleep

- [Managing a Persistent Cough After COVID-19](#)
- [Managing Sleep After COVID-19](#)
- [Managing Shortness of Breath After COVID-19](#)

### Managing Daily Life

- [Managing Changes in Thinking](#)
- [Managing Fatigue after COVID-19](#)
- [Post COVID-19 Fatigue and Routines](#)

### Managing Pain & Getting Active

- [Managing Pain after COVID-19](#)
- [Tips for Getting Started with Exercise after COVID-19](#)
- [Exercising at the Right Level and Monitoring Symptoms after COVID-19](#)

### Managing Stress

- [Managing Stress after COVID-19](#)
- [Self-guided Learning](#) (workbook)

## Helping You Get Active

- [Get Active, Stay Active](#)
- [Planning for Success with Exercise](#)

## Living with Myalgic Encephalomeylitis (ME)

- [3-Part Video Series](#)

# Better Choices, Better Health® Workshops

## [BCBH® Chronic Disease](#)

| Session Date                          | Day | Time             | Class Type |
|---------------------------------------|-----|------------------|------------|
| January 12, 19, 26 February 2, 9 & 16 | Thu | 10:00 – 12:30 PM | Zoom       |
| March 1, 8, 15, 22, 29 & April 5      | Wed | 6:00 – 8:30 PM   | Zoom       |

## [BCBH® Chronic Pain](#)

| Session Date                          | Day | Time             | Class Type |
|---------------------------------------|-----|------------------|------------|
| January 9, 16, 23, 30 February 6 & 13 | Mon | 1:00 – 3:30 PM   | Zoom       |
| January 18, 25 February 1, 8, 15 & 22 | Wed | 1:00 – 3:30 PM   | Zoom       |
| February 1, 8, 15, 22 March 1 & 8     | Wed | 10:00 – 12:30 PM | Zoom       |
| February 14, 21, 28 March 7, 14 & 21  | Tue | 10:00 – 12:30 PM | Zoom       |
| February 24 March 3, 10, 17, 24 & 31  | Fri | 9:30 – 12:00PM   | Zoom       |
| March 6, 13, 20, 27 April 3 & 10      | Mon | 1:00 – 3:30 PM   | Zoom       |

# Health Education Classes

## Arthritis: An Introduction to Osteoarthritis

**\*Note:** This class has been combined with “Arthritis: Self-Management of Osteoarthritis” for a 2-part “Arthritis: Self-Management of Osteoarthritis” class.

## [Arthritis: Self-Management of Osteoarthritis](#)

| Session Date | Day | Time           | Class Type |
|--------------|-----|----------------|------------|
| March 2 & 9  | Thu | 1:00 – 2:15 PM | Zoom       |

**\*Note:** This class has been combined with “Arthritis: Introduction to Osteoarthritis” for a 2-part “Arthritis: Self-Management of Osteoarthritis” class.

## [Better Breathing](#)

| Session Date | Day | Time             | Class Type |
|--------------|-----|------------------|------------|
| February 13  | Mon | 10:15 – 11:30 AM | Zoom       |
| April 17     | Mon | 10:15 – 11:30 AM | Zoom       |

## [Celiac Disease–Going Gluten-Free](#)

| Session Date | Day | Time            | Class Type |
|--------------|-----|-----------------|------------|
| February 9   | Thu | 1:30 – 3:00 PM  | Phone-in   |
| March 9      | Thu | 9:30 – 11:00 AM | Zoom       |

## [Conserving Your Energy](#)

| Session Date    | Day | Time             | Class Type |
|-----------------|-----|------------------|------------|
| February 6 & 13 | Mon | 10:00 – 11:30 AM | Zoom       |
| April 12 & 19   | Wed | 1:00 – 2:30 PM   | Zoom       |

## [COPD – Breathing Matters](#)

| Session Date           | Day | Time            | Class Type |
|------------------------|-----|-----------------|------------|
| March 21, 28 & April 4 | Tue | 9:30 – 11:00 AM | Zoom       |
| May 2, 9 & 16          | Tue | 9:30 – 11:00 AM | Zoom       |

## [Eating Away from Home](#)

| Session Date | Day | Time            | Class Type |
|--------------|-----|-----------------|------------|
| March 15     | Wed | 6:00 – 7:00 PM  | Phone-in   |
| June 13      | Tue | 9:30 – 10:30 AM | Zoom       |

## [Eating Well and Managing Irritable Bowel Syndrome](#)

| Session Date | Day | Time            | Class Type |
|--------------|-----|-----------------|------------|
| February 17  | Fri | 9:30 – 10:30 AM | Zoom       |
| March 14     | Tue | 2:30 – 3:30 PM  | Phone-in   |

## [Eating Well for Fatty Liver Disease](#)

| Session Date | Day | Time             | Class Type |
|--------------|-----|------------------|------------|
| February 3   | Fri | 10:30 – 11:30 AM | Zoom       |
| March 2      | Thu | 2:30 – 3:30 PM   | Zoom       |

## [Eating Well for Good Health](#)

| Session Date | Day | Time            | Class Type |
|--------------|-----|-----------------|------------|
| March 3      | Fri | 9:30 – 10:30 AM | Zoom       |
| April 17     | Mon | 2:30 – 3:30 PM  | Phone-in   |

## Eating Well for Weight and Health - Part 1

| Session Date | Day | Time            | Class Type |
|--------------|-----|-----------------|------------|
| January 24   | Tue | 6:00 – 7:00 PM  | Phone-in   |
| February 14  | Tue | 9:30 – 10:30 AM | Zoom       |
| March 21     | Tue | 2:00 – 3:00 PM  | Zoom       |

## Eating Well for Weight and Health - Part 2

| Session Date | Day | Time            | Class Type |
|--------------|-----|-----------------|------------|
| January 30   | Mon | 2:00 – 3:00 PM  | Zoom       |
| February 15  | Wed | 6:00 – 7:00 PM  | Phone-in   |
| March 22     | Wed | 9:30 – 10:30 AM | Zoom       |

## Fibromyalgia: Facts and Function

| Session Date | Day | Time           | Class Type |
|--------------|-----|----------------|------------|
| March 14     | Tue | 1:30 – 3:30 PM | Zoom       |
| May 11       | Thu | 1:30 – 3:30 PM | Zoom       |

## Getting Up and Down from the Floor Safely

| Session Date | Day | Time           | Class Type |
|--------------|-----|----------------|------------|
| January 26   | Thu | 1:00 – 2:00 PM | Zoom       |
| March 8      | Wed | 1:00 – 2:00 PM | Zoom       |

## [Healthy Sleep Habits](#)

| Session Date | Day | Time            | Class Type  |
|--------------|-----|-----------------|---|
| February 14  | Tue | 9:30 – 11:00 AM | In-person at Louise Riley Library.<br>Register through the <a href="#">Calgary Public Library</a> . |
| April 18     | Tue | 9:30 – 11:00 AM | Zoom  |

## Heart Health: Dietitian Question & Answer

\*This class has been discontinued since November 10<sup>th</sup>, 2022 due to low interest. We still offer a “Heart Healthy Eating” class.

## [Heart Healthy Eating](#)

| Session Date | Day | Time             | Class Type |
|--------------|-----|------------------|------------|
| February 1   | Wed | 9:00 – 10:00 AM  | Phone-in   |
| March 7      | Tue | 10:30 – 11:30 AM | Zoom       |

## [Living Well with Stress](#)

| Session Date    | Day | Time            | Class Type |
|-----------------|-----|-----------------|------------|
| January 19 & 26 | Thu | 9:30 – 12:00 PM | Zoom       |
| March 2 & 9     | Thu | 1:00 – 3:30 PM  | Zoom       |
| April 20 & 27   | Thu | 6:00 – 8:30 PM  | Zoom       |

## [Managing Emotional Eating](#)

| Session Date          | Day | Time           | Class Type |
|-----------------------|-----|----------------|------------|
| February 28 & March 7 | Tue | 6:00 – 8:30 PM | Zoom       |
| April 25 & May 2      | Tue | 1:00 – 3:30 PM | Zoom       |

## [Osteoporosis and Bone Health](#)

| Session Date | Day | Time            | Class Type |
|--------------|-----|-----------------|------------|
| March 15     | Wed | 9:15 – 11:00 AM | Zoom       |
| May 8        | Mon | 1:15 – 3:00 PM  | Zoom       |

## [Pacing for People with Chronic Pain](#)

| Session Date | Day | Time           | Class Type |
|--------------|-----|----------------|------------|
| March 9 & 16 | Thu | 1:00 – 2:15 PM | Zoom       |
| May 2 & 9    | Tue | 2:00 – 3:15 PM | Zoom       |

## [Pain Neuroscience Education](#) (Previously “Explaining Pain”)

| Session Date                | Day | Time           | Class Type |
|-----------------------------|-----|----------------|------------|
| January 25                  | Wed | 1:30 – 3:30 PM | Zoom       |
| Next class: June 2023 (TBD) |     |                |            |

## [Parkinson’s 101](#)

| Session Date | Day | Time             | Class Type |
|--------------|-----|------------------|------------|
| March 1      | Wed | 10:00 – 12:00 PM | Zoom       |
| June 7       | Wed | 1:00 – 3:00 PM   | Zoom       |

## [Parkinson’s Medication Information](#)

| Session Date | Day | Time           | Class Type |
|--------------|-----|----------------|------------|
| February 8   | Wed | 1:00 – 3:00 PM | Zoom       |
| June 21      | Wed | 1:00 – 3:00 PM | Zoom       |



## [Parkinson's - Planning for the Future with Movement Disorders](#)

| Session Date | Day | Time            | Class Type |
|--------------|-----|-----------------|------------|
| February 27  | Mon | 12:30 – 3:00 PM | Zoom       |
| June 12      | Mon | 12:30 – 3:00 PM | Zoom       |
| September 28 | Thu | 12:30 – 3:00 PM | Zoom       |

## [Parkinson's Speech and Swallowing Disorders](#)

| Session Date | Day | Time             | Class Type |
|--------------|-----|------------------|------------|
| May 17       | Wed | 10:00 – 12:00 PM | Zoom       |
| September 20 | Wed | 10:00 – 12:00 PM | Zoom       |

## [Planning for the Future - Health Decisions Matter](#)

| Session Date | Day | Time             | Class Type  |
|--------------|-----|------------------|---|
| January 30   | Mon | 2:30 – 3:30 PM   | In-person Crowfoot Library.<br>Register through the <a href="#">Calgary Public Library</a> .        |
| January 31   | Tue | 10:00 – 11:30 AM | Zoom  |
| February 28  | Tue | 2:30 – 3:30 PM   | In-person Nicholls Family Library.<br>Register through the <a href="#">Calgary Public Library</a> . |
| March 15     | Wed | 1:30 – 3:00 PM   | Zoom  |

## [Staying Active and Exercising with Osteoporosis](#)

| Session Date | Day | Time             | Class Type                                    |
|--------------|-----|------------------|---|
| February 6   | Mon | 10:00 – 11:15 AM | In-person at Cochrane Community Health Centre |
| March 14     | Tue | 1:00 – 2:15 PM   | Zoom  |

## [Steady on Your Feet](#)

| Session Date     | Day | Time           | Class Type                                    |
|------------------|-----|----------------|---|
| February 21 & 28 | Tue | 1:00 – 2:15 PM | In-person at Cochrane Community Health Centre |

## [Stop Dieting Forever: An Introduction to Intuitive Eating](#)

| Session Date         | Day | Time             | Class Type |
|----------------------|-----|------------------|------------|
| February 2, 9 & 16   | Thu | 1:30 – 3:00 PM   | Zoom       |
| April 18, 25 & May 2 | Tue | 10:00 – 11:30 AM | Zoom       |

## [Sugar Spike: The Glycemic Index and Your Health](#)

| Session Date | Day | Time            | Class Type |
|--------------|-----|-----------------|------------|
| January 20   | Fri | 9:00 – 10:15 AM | Zoom       |
| March 16     | Thu | 1:30 – 2:45 PM  | Zoom       |
| May 12       | Fri | 3:10 – 4:25 PM  | Zoom       |

## [The 4 P's for Meal Planning](#)

| Session Date | Day | Time             | Class Type |
|--------------|-----|------------------|------------|
| February 8   | Wed | 9:00 – 10:00 AM  | Zoom       |
| March 10     | Fri | 10:30 – 11:30 AM | Zoom       |

## [Tips for Eating: Prediabetes & Diabetes](#)

| Session Date | Day | Time            | Class Type |
|--------------|-----|-----------------|------------|
| January 27   | Fri | 1:30 – 3:30 PM  | Zoom       |
| February 7   | Tue | 1:30 – 3:30 PM  | Phone-in   |
| February 22  | Wed | 9:30 – 11:30 AM | Zoom       |
| March 8      | Wed | 9:30 – 11:30 AM | Phone-in   |
| March 27     | Mon | 1:30 – 3:30 PM  | Zoom       |

## [Try a Little Self-Kindness: Motivating with Self-Compassion](#)

| Session Date | Day | Time            | Class Type |
|--------------|-----|-----------------|------------|
| February 14  | Tue | 1:00 – 3:30 PM  | Zoom       |
| March 22     | Wed | 9:30 – 12:00 PM | Zoom       |

## [Understanding Food Labels](#)

| Session Date | Day | Time            | Class Type |
|--------------|-----|-----------------|------------|
| March 3      | Fri | 9:00 – 10:00 AM | Zoom       |
| June 15      | Thu | 1:30 – 2:30 PM  | Zoom       |

## [Understanding Obstructive Sleep Apnea](#)

| Session Date | Day | Time            | Class Type |
|--------------|-----|-----------------|------------|
| February 21  | Tue | 9:30 – 10:30 AM | Zoom       |
| April 25     | Tue | 9:30 – 10:30 AM | Zoom       |

## [Understanding the Experience of Grief](#)

| Session Date | Day | Time             | Class Type  |
|--------------|-----|------------------|---|
| February 25  | Sat | 10:00 – 12:00 PM | In-person Central Library.<br>Register through the <a href="#">Calgary Public Library</a> . |
| March 16     | Thu | 2:00 – 3:15 PM   | Zoom  |
| June 8       | Thu | 2:00 – 3:15 PM   | Zoom  |

## [Weight Management: Dietitian Question & Answer](#)

| Session Date | Day | Time            | Class Type |
|--------------|-----|-----------------|------------|
| February 2   | Thu | 2:00 – 3:00 PM  | Zoom       |
| March 29     | Wed | 9:00 – 10:00 AM | Zoom       |

## [Your Kidney Health](#)

| Session Date     | Day | Time           | Class Type   |
|------------------|-----|----------------|--|
| January 18       | Wed | 1:00 – 3:00 PM | In-person Crowfoot Library.<br>Register through the <a href="#">Calgary Public Library</a> . |
| Future dates TBD |     |                |  |

## [Your Kidney Health: What Should I Eat?](#)

| Session Date | Day | Time             | Class Type |
|--------------|-----|------------------|------------|
| February 1   | Wed | 10:30 – 12:00 PM | Zoom       |
| March 15     | Wed | 1:00 – 2:30 PM   | Zoom       |

# Classes offered in Chinese Languages

## [BCBH® Chronic Pain](#)

| Session Date                | Day | Time | Class Type |
|-----------------------------|-----|------|------------|
| Next class: 2023 (Date TBD) |     |      |            |

## [Eating Well for Good Health - Cantonese & Mandarin](#)

| Session Date | Day | Time             | Class Type          |
|--------------|-----|------------------|---------------------|
| March 13     | Mon | 10:30 – 11:30 AM | Zoom, Mandarin 普通话  |
| June 12      | Mon | 1:30 – 2:30 PM   | Zoom, Cantonese 廣東話 |

## [Heart Healthy Eating - Cantonese & Mandarin](#)

| Session Date | Day | Time            | Class Type             |
|--------------|-----|-----------------|------------------------|
| January 24   | Tue | 9:30 – 10:30 AM | Zoom, Mandarin 普通话     |
| February 28  | Tue | 1:30 – 2:30 PM  | Zoom, Cantonese 廣東話    |
| March 28     | Tue | 1:30 – 2:30 PM  | Phone-in, Mandarin 普通话 |

## [Tips for Eating: Prediabetes & Diabetes - Cantonese & Mandarin](#)

| Session Date | Day | Time            | Class Type              |
|--------------|-----|-----------------|-------------------------|
| February 27  | Mon | 1:30 – 3:30 PM  | Zoom, Mandarin 普通话      |
| March 20     | Mon | 9:30 – 11:30 AM | Phone-in, Cantonese 廣東話 |

## Classes offered in Punjabi ਪੰਜਾਬੀ

### [Heart Healthy Eating - Punjabi](#)

| Session Date         | Day | Time | Class Type |
|----------------------|-----|------|------------|
| Next class: Date TBD |     |      |            |

### [Tips for Eating: Prediabetes & Diabetes - Punjabi](#)

| Session Date         | Day | Time | Class Type |
|----------------------|-----|------|------------|
| Next class: Date TBD |     |      |            |

## Classes offered in Tagalog

### [BCBH® Chronic Disease](#)

| Session Date         | Day | Time | Class Type |
|----------------------|-----|------|------------|
| Next class: Date TBD |     |      |            |