

AHLP Calgary Zone - Find the Right Class for You

This table can help you find the classes that match your interests and/or chronic health condition.

| Classes by Category | Health Topic or Condition of Interest | | | | | | | | | | | | | | | | |
|---|---------------------------------------|--------------|------|------------------------|--------------------|--------------|--------------|--------------------------|---------------|---------------------------|-----------------------------------|----------------|--------------|-------------------|---------------------------------|--------------------------------|-------------------|
| | Celiac Disease | Chronic Pain | COPD | Diabetes & Prediabetes | Emotional Wellness | Fibromyalgia | Heart Health | Irritable Bowel Syndrome | Kidney Health | Myalgic Encephalomyelitis | Non-alcoholic Fatty Liver Disease | Osteoarthritis | Osteoporosis | Parkinson Disease | Post-COVID Recovery Information | Success with Physical Activity | Weight Management |
| Better Choices, Better Health® (BCBH®) Workshops | | | | | | | | | | | | | | | | | |
| Better Choices, Better Health® | • | | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • |
| BCBH® - Chronic Pain | | • | | • | • | | | | • | | • | | | • | • | • | |
| Chronic Conditions | | | | | | | | | | | | | | | | | |
| Arthritis: An Intro to Osteoarthritis | | | | | | | | | | | | • | | | | | |
| Celiac Disease - Going Gluten Free ¹ | • | | | | | | | | | | | | | | | | |
| COPD - Breathing Matters | | | • | | | | | | | | | | | | | | |
| Eating Well & Managing Irritable Bowel Syndrome | | | | | | | | • | | | | | | | | | |
| Eating Well with Fatty Liver Disease | | | | | | | | | | • | | | | | | | |
| Living with ME (CFS) | | | | | | | | | • | | | | | | | | |
| Osteoporosis and Bone Health | | | | | | | | | | | | • | | | | | |
| Your Kidney Health | | | | | | | | | • | | | | | | | | |
| Chronic Pain | | | | | | | | | | | | | | | | | |
| Fibromyalgia: Fact & Function | | • | | | | • | | | | | | | | | | | |
| Pacing for People with Chronic Pain | | • | | | | • | | | | • | | | | | • | • | |
| Pain Neuroscience Education | | • | | | | • | | | | • | | | | | | | |
| Diabetes & Prediabetes | | | | | | | | | | | | | | | | | |
| Glycemic Index | | | | • | | | | | | • | | | | | | | |
| Tips for Eating: Diabetes & Prediabetes ^{1,2} | | | | • | | | | | | | | | | | | | |
| Emotional Wellness | | | | | | | | | | | | | | | | | |
| Living Well with Stress | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • |
| Managing Emotional Eating | | | | | • | | | | | | | | | | | | • |
| Trying a Little Self-Kindness | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • |
| Understanding the Experience of Grief | | | | | • | | | | | | | | | | | | |
| General Health | | | | | | | | | | | | | | | | | |
| Conserving Your Energy | | • | • | | | • | | | | • | | | | • | • | • | |
| Eating Well for Good Health ^{1,2} | | • | • | | | • | | | | • | | • | • | • | • | • | • |
| Eating Well When Fatigued | | • | • | | | • | | | | • | | • | • | • | • | • | |
| Food Label Reading | | | | • | | | • | | | • | | • | • | | • | • | • |
| Mediterranean Style Eating for Health | | • | • | • | | • | • | | | • | • | | | | | | • |
| The 4 P's of Eating Healthy: Cooking Edition | | | | | • | | | • | | | • | | | | | | • |
| Waking Up to a Healthy Sleep | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • |
| Health Planning | | | | | | | | | | | | | | | | | |
| Planning for the Future - Health Decisions Matter | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • |
| Heart Health | | | | | | | | | | | | | | | | | |
| Dietitian Q&A: Heart Health | | | | • | | | | • | | | • | | | | | | |
| Heart Healthy Eating ^{1,2} | | | | • | | | | • | | | • | | | | | | |
| Parkinson Disease | | | | | | | | | | | | | | | | | |
| Parkinson's 101 | | | | | | | | | | | | | | | • | | |
| Parkinson's Medication Information | | | | | | | | | | | | | | | • | | |
| Parkinson's Speech & Swallowing Disorders | | | | | | | | | | | | | | | • | | |
| Planning for the Future with Movement Disorders | | | | | | | | | | | | | | | • | | |
| Success with Physical Activity | | | | | | | | | | | | | | | | | |
| Get Active, Stay Active | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • |
| Planning for Success with Exercise | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • |
| Steady on Your Feet | | • | • | | | | | | | • | | • | • | • | • | • | • |
| Weight Management | | | | | | | | | | | | | | | | | |
| Dietitian Q&A: Weight Management | | | | • | | | | • | | | • | | | | | | • |
| Nutrition: Eating Away from Home | | | | • | | | | • | | | • | | | | | | • |
| Nutrition: Eating Well for Weight & Health (Part 1) | | | | • | | | | • | | | • | | | | | | • |
| Nutrition: Eating Well for Weight & Health (Part 2) | | | | • | | | | • | | | • | | | | | | • |
| Nutrition: The 4 P's for Meal Planning | | | | | | | | • | | | • | | | | | | • |
| Stop Dieting Forever: An Intro to Intuitive Eating | | | | | • | | | | | | | | | | | | • |
| Zoom Basics | | | | | | | | | | | | | | | | | |
| Zoom Basics (only for AHLP program participants) | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • | • |

How to Register:

1) Online at:
<https://app.booking.ca/ahlpcalgarypub/>

2) Call our contact center at **403.943.2584** (Monday to Friday, 8:00)

Registration is open to Albertans over 18 years of age.

Participants **must** physically be in Alberta when joining the class.

¹ These classes are also offered in Punjabi. Call **403.955.6856** to register in Punjabi.

² These classes are also offered in Cantonese and Mandarin. Call **403.955.6857** to register in either Cantonese or Mandarin.

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Not online yet 32
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