



Chronic Disease
Management

Alberta Healthy
Living Program

The new handbook is not available at this time.

If you are interested in one of our health education classes or in the Better Choices, Better Health® self-management workshops, you can see which classes are being offered and class dates and times on our online registration system here: <https://app.booking.ca/ahlpccalgarypub/index.asp>

Need help finding or registering for a class? Have questions about our program?

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

For English, please call 403-943-2584 (9-HEALTH).

For Cantonese, please call 403-955-6857.

For Hindi and Punjabi, please call 403-955-6856.