Education that supports your health and your life

Class Description Handbook • Calgary Zone

These free classes offered through the Alberta Healthy Living Program (AHLP) can help you better manage chronic conditions.
Our Mission

The Alberta Healthy Living Program (AHLP) is a multidisciplinary team leading a community-based, self-management program that puts the participant at the center of all care.

We deliver services to improve the quality of life for adults living with chronic health conditions in Alberta. Information about the services we provide is outlined in the following pages.

Health Education Classes

We offer a wide selection of classes ranging from condition-specific topics to different areas of general health. Class names and descriptions are listed starting on page 6. Healthcare professionals and other qualified instructors lead the classes.

Our classes are open to all adults living in Alberta who are comfortable in group settings. You must physically be within Alberta during the class. This is to ensure that our facilitators are following the regulations of their professional colleges.

All our classes are offered online in English.

Nutrition Classes

Do you want to learn about how food can help your chronic health condition? In a Zoom or phone class, our Registered Dietitians will work with you to create goals to help manage your health. Nutrition classes are offered in English and some are also offered in Cantonese, Mandarin and Punjabi. If you have more questions and need more support after attending a class, you can call us to book a one-to-one dietitian appointment.
Self-Management Program

We offer 2 different self-management workshops.

The Better Choices, Better Health® workshop will help you:

• Discover ways to manage symptoms, reduce fatigue, and feel better.
• Make lasting changes to sleep better, manage stress, improve communication, eat healthier, safely increase physical activity and more
• Practice problem solving, decision making, and action planning

The Better Choices, Better Health® - Chronic Pain workshop:

• Will help you discover new skills that are important for managing your health – especially the day-to-day challenges of chronic pain.
• Will teach you about how pacing, physical activity, sleep, healthy eating, relaxation techniques, decision making and action planning can help you manage your chronic pain

Each 2 ½ hour session builds on each other over 6 weeks. Please plan to attend all 6 sessions. Family members, caregivers and support persons are welcome to register and attend.

Health & Exercise Wellness Journey

Do you want to learn more about how exercise can help you manage your chronic health condition(s)? This program will help you understand the positive impact of exercise on managing your condition(s) and how to begin or modify an exercise program based on your symptoms and abilities.

A healthcare professional will guide you through our program and help you develop strategies to overcome barriers to being physically active. Your program will include opportunities to attend educational sessions, exercise in a supervised group setting and work on an action plan to continue exercising at home or in the community.
Registration Information

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

To register for the Health & Exercise Wellness Journey, please call us at 403-943-2584.

For classes and workshops, online registration is available:

2. Click the blue “Filters” tab to the left of the category listings.
3. Search for classes by name, time and days of the week.
4. Create or log into your account to register for classes.

You can use the “Find Workshops & Classes” tool on our website to find out which classes and programs fit your learning interests.

The most current class dates and times are listed on our online registration system. There is also a 4 month Class Schedule Guide available and is updated 3 times through the year.

Need help finding or registering for a class or program?

Our phone lines are open

8:00 am – 4:00 pm, Monday to Friday

English: 403-943-2584 (9HEALTH)
Cantonese and Mandarin: 403-955-6857
Hindi and Punjabi: 403-955-6856
Helping You Feel Better after COVID-19

These classes provide information about how to manage the symptoms of COVID-19. If you have been diagnosed with COVID-19 and continue to have symptoms or if you care for someone living with the symptoms of COVID-19, these classes are for you.

Eating After COVID-19

Dietitians will talk about ways to manage the COVID-19 symptoms that affect what and how you are eating.

Managing Breathing & Sleep

Respiratory Therapists will review tips and techniques to help manage symptoms of persistent cough and shortness of breath. They will also talk about ideas to improve your sleep if you are not sleeping well.

Managing Daily Life

Recovering from COVID-19 can affect many areas of your daily life. Occupational Therapists will talk about practical strategies to help you manage, including:

- Managing daily activities
- Energy conservation
- Strategies to help with thinking, attention and memory
- Considerations for returning to work, school and leisure activities
Managing Pain & Getting Active

A Physiotherapist and Kinesiologist will talk about:

- Long COVID and its common symptoms
- Join and muscle pain after diagnosis and tips for managing
- Strategies for getting active
- How to start getting active, how to monitor symptoms and when to contact your healthcare provider
- Basic exercise concepts

Managing Stress

Recovering from COVID-19 can be highly stressful. Feeling unwell can affect your mood. It is common to experience increased levels of stress, especially if you are not yet able to do the things you used to do. Social Workers will talk about practical strategies to help manage stress. Come learn tools that can be an important part of your recovery.

More resources about recovering from COVID-19:

- Getting Healthy After COVID-19 website https://www.albertahealthservices.ca/topics/Page17397.aspx
- Rehabilitation Advice Line – Call 1-833-379-0563
- COVID-19 Mental Health Resources https://www.albertahealthservices.ca/topics/Page17311.aspx
Health Education Class Descriptions

Arthritis – An Introduction to Osteoarthritis
Join a Physiotherapist to learn more about:
- Managing symptoms of osteoarthritis
- Treatment options available

Celiac Disease – Going Gluten-Free
Have you been diagnosed with celiac disease and want to learn more about the gluten-free diet? A Dietitian will review:
- What is celiac disease
- How to eat nutritiously while following a gluten-free diet
- Ways to avoid and limit cross-contamination at home and when eating out

Conserving Your Energy
Are your symptoms of fatigue interfering with daily life? This 2-session class with an Occupational Therapist will help you understand:
- The different types of fatigue and how to identify them
- What may be making your fatigue worse
- How to address extreme fatigue symptoms
- Ways to manage your fatigue
COPD – Breathing Matters

Learn about chronic obstructive pulmonary disease (COPD) from a Respiratory Therapist in this 4-session class. You’ll learn about:

- What is COPD
- Lung medications and inhalers
- Tips for breathing
- Recognizing when your breathing gets worse and what to do about it

Eating Away From Home

Are you ready to stop overeating when eating out, at parties or during holidays? A Dietitian will review:

- How buffets, parties, vacation and holidays can affect how much you eat
- Ways to reduce overeating when eating out and during special occasions

Eating Well and Managing Irritable Bowel Syndrome

Not sure where to start trying to get a handle on the symptoms of irritable bowel syndrome (IBS)? Join a Dietitian to learn about:

- The symptoms of IBS
- How food and lifestyle choices can help manage symptoms
Eating Well for Fatty Liver Disease

If you have been diagnosed with non-alcoholic fatty liver disease (NAFLD), this class is for you! A dietitian will review:

- What is NAFLD
- Nutrition recommendations to manage NAFLD

Eating Well for Good Health

This class is also offered in Cantonese and Mandarin.

Learn about how what you eat can impact your health. This Dietitian-led class will review:

- General healthy eating recommendations
- How fat, fiber and sodium are part of healthy eating
- How to read food labels

Eating Well for Weight & Health – Part 1

(Previously “Nutrition: The Top 5 Tips to Reduce Calories”)

Eating too many calories leads to weight gain. Join a Dietitian in this class to learn about some ways to better manage how many calories you eat.

Note: You do not have to attend part 1 before attending part 2.
Eating Well for Weight & Health – Part 2  🛍️ 📞
(Previously “Nutrition: The Truth About What Works in Weight Management”)

There are a number of factors that influence what and how much we eat. This Dietitian-led class will discuss:

- Evaluating what you are eating
- How meal patterns, food choices and portion sizes can affect the amount of food we eat

Note: You do not have to attend part 1 before attending part 2.

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Eating Well When Fatigued 🍽️

Do low levels of energy affect your ability to cook? Is it difficult to prepare healthy meals? Is meal preparation difficult because it is more challenging to use your hands?

This fun virtual cooking demonstration is for people experiencing fatigue and physical limitations related to health conditions like neurological conditions or arthritis. An Occupational Therapist and Dietitian will talk about ways to be successful in the kitchen and to make healthier food choices.

This is a collaborative partnership between Allied Health, Nutrition Services and the South Health Campus Wellness Kitchen.

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Fibromyalgia: Facts and Function 🏺

Join a Kinesiologist to learn about what fibromyalgia is and the treatment options that are available. Discover how you can maintain and improve function through exercise.
Get Active, Stay Active

Discover how sedentary behaviour affects your health in this 1-hour video presented by a Kinesiologist. They also talk about how exercise can help prevent and manage chronic health conditions and how to set physical activity goals.

The video provides a framework as you learn how to exercise safely and effectively while managing your chronic health condition(s). The following information will be reviewed:

- The benefits of exercise
- Components of an exercise program
- Planning for success in exercising regularly
- Considerations when exercising with chronic health condition(s), including arthritis, COPD, diabetes, heart disease and/or pain

This video does not include any participant in physical activity nor does it provide an exercise plan. You can watch the video at any time and as many times as you want.

Healthy Sleep Habits

Are you waking up tired in the mornings? A Respiratory Therapist can help you understand:

- What can interfere with sleep
- How to develop healthy sleep habits
- Identify behaviours that are not helping sleep
- Practical ways to improve sleep
Heart Health: Dietitian Question & Answer

Have you been told that you have high cholesterol, high triglycerides, high blood pressure, dyslipidemia or other heart conditions? Come ask your questions about nutrition for heart health. A dietitian will answer your questions and review:

- Nutrition tips that take the confusion out of eating healthy for your heart
- Nutrition questions about lowering cholesterol, triglycerides and blood pressure

Heart Healthy Eating

This class is also offered in Cantonese, Mandarin and Punjabi. Learn about nutrition and heart health from a Dietitian. The information discussed includes:

- Heart healthy foods that also improve cholesterol, blood pressure and triglycerides
- Mediterranean-style eating
- Nutrition hot topics related to heart health

Living Well with Stress

Are you feeling overwhelmed with the pressures in your life? The Social Workers leading this class will talk about:

- The sources and signs of stress
- Healthy ways to cope with and manage stress
- Developing a personal plan to address your life stressors
Living with ME

Many people struggle with managing the symptoms of myalgic encephalomyelitis (ME). Trained leaders will talk about:

- The signs and symptoms of ME
- Effective ways to manage common ME symptoms
- Keeping hope alive and moving forward
- Where to find accurate information about ME

Managing Emotional Eating

Are you interested in learning about what influences your food choices? Do you want to build awareness of your emotional eating? Are you looking for skills and tools to help manage emotional eating? Learn about all this and more with a Social Worker and a Dietitian in this 3-part class (each class is 2.5 hours).

Mediterranean Style Eating for Health

Learn how to eat Mediterranean! The Mediterranean may be far away but the delicious and healthful foods of this style of eating are close at hand. Improve your nutrition with Mediterranean meal ideas for neurological health, cardiovascular health and general well-being. Come discover the great flavours and many health benefits!

This is a collaborative partnership between Allied Health, Nutrition Services and the South Health Campus Wellness Kitchen.
Osteoporosis and Bone Health
Join a Nurse and a Dietitian to learn about osteoporosis and:

- Risk factors related to osteoporosis
- What you can do to protect your bones
- Nutrition information for managing osteoporosis

Pacing for People with Chronic Pain
Learn why pacing is an important tool in managing the relationship between energy levels and chronic pain.

This 2-hour class led by Occupational Therapists will cover:

- The relationship between energy levels and chronic pain
- Why pacing is an important tool in managing chronic pain
- Three ways to apply pacing in your daily activities
- Ways to avoid flare-ups and developing a flare-up plan

Pain Neuroscience Education
(Previously Explaining Pain)
Learn what we know about pain from a Psychologist. This class talks about:

- Pain’s neurophysiology and the biopsychosocial model
- The Protectometer and 7 categories of danger (DIMs) or safety (SIMs) messages
- How our nervous system can “wind up” and “wind down”
- Ways that can change your pain experience
**Parkinson’s 101**

This class is intended for adults living with Parkinson’s, their families and support persons.

Nurses leading this class will review:

- What is Parkinson disease
- Controlling symptoms of the condition
- The different treatment options
- Resources that are available in the community

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**Parkinson’s Medication Information**

This class is intended for adults living with Parkinson’s, their families and support persons.

Nurses will provide an overview of Parkinson’s medications and why they are prescribed.

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**Parkinson’s Speech and Swallowing Disorders**

This class is intended for adults living with Parkinson’s, their families and support persons.

Learn how speech and swallowing can be affected by Parkinson disease. A Speech-Language Pathologist will talk about:

- What normal speech and swallowing look like and how they can change with Parkinson disease
- When to see a Speech-Language Pathologist to help diagnose and treat problems
- Treatment strategies and current research in this area
Planning for the Future with Movement Disorders

This class is intended for adults living with Parkinson’s and other movement disorders, their families and support persons.

A Social Worker will talk about:

- How personal finances can be affected by living with a movement disorder
- Creating a supportive household environment and alternate housing options
- Advance care planning related to personal, health care and financial decisions to ensure your wishes are known

Planning for the Future – Health Decisions Matter

If you were unwell and unable to speak for yourself, do the people close to you know your wishes for health care and personal decisions? Advance care planning is the process of thinking about, talking about, and documenting your wishes for health care if you are unable to speak for yourself. All Albertans over the age of 18 should have a personal directive.

Advance care planning is important at all times. The COVID-19 pandemic has brought the importance of knowing people’s wishes and values regarding their health care to the forefront.

This class is led by an Educational Consultant from Advance Care Planning Goals of Care, Alberta Healthy Services and will review:

- Information on advance care planning and the importance and role of Personal Directives
- An explanation of the Goals of Care and what they mean for you
- Information on resources and where to find them
Planning for Success with Exercise

This 32-minute video is presented by an Occupational Therapist. It will give you the tools you need to be confident in making lifestyle changes, setting goals, and adding exercise to your routine. It is important to find the right motivation to keep going! Common stumbling blocks to success and to overcome them will be discussed.

This video does not include any participant in physical activity nor does it provide an exercise plan. You can watch the video at any time and as many times as you want.

Steady on Your Feet

Do you know what puts you at risk of falling and how you can decrease your chances of falling? Learn more in this 2-part class led by a Physiotherapist.

Stop Dieting Forever: An Introduction to Intuitive Eating

Are you interested in getting off the diet treadmill and learning a new way to manage your eating and health? Join a Dietitian and a Social Worker in this supportive 3-part class to learn about improving your relationship with food and end the guilt, frustration and confusion!
Sugar Spike: The Glycemic Index and Your Health

Come and learn how different foods affect your blood sugar. The glycemic index is a way to measure how quickly or slowly foods cause your blood sugar to go up. This Dietitian-led class is great for people living with prediabetes, diabetes and non-alcoholic fatty liver disease.

The 4 P’s for Meal Planning

Join a Dietitian to learn about how to make meal planning work for you. The class will review:

- Tips on how to put nutrition knowledge into practice
- The 4 P’s: Plan, Purchase, Prepare and Pack

The 4 P’s for Meal Planning: Cooking Edition

This class features a cooking demonstration!

Learn tips from Dietitians about how to put nutrition knowledge into practice and the 4 P’s: Plan, Purchase, Prepare and Pack.

This class is a collaborative partnership with the South Health Campus Wellness Kitchen.

Learn tips from Dietitians on how to put nutrition knowledge into practice and the 4 P’s: Plan, Purchase, Prepare and Pack.
Tips for Eating: Prediabetes & Diabetes

This class is also offered in Cantonese, Mandarin and Punjabi.

Have you been diagnosed with prediabetes or Type 2 diabetes and not sure about what to eat? Are you interested in what to eat to prevent diabetes?

Come learn more from a Dietitian, including:

- How different foods can affect your blood sugar
- Tips to eat healthy while managing prediabetes and diabetes

Try a Little Self-Kindness: Motivating with Self-Compassion

If you want to improve your ability to positively cope with your chronic health condition(s) and the ups and downs it brings, this class is for you!

Social Workers leading the class will review:

- Motivating with self-compassion instead of self-criticism
- How practicing self-compassion can improve quality of life and health
- Self-compassion strategies for daily life

Understanding Food Labels

Food labels give you information to help you compare foods and make healthier choices. They can also be really confusing!

Come to this Dietitian-led class to better understand how food labels tell you what is in the food you eat and what to look for to improve your health!
Understanding the Experience of Grief

This class provides information and support for people who are grieving a loss and those who support them. A Social Worker will explore the following areas:

- What does grief and loss look like? Is this normal?
- How does grief impact daily life?
- What do we know about grief?
- How do I best help someone that is grieving a loss?
- How do I cope on special days, anniversaries and holidays?
- How do I take care of myself while grieving?

Weight Management: Dietitian Question & Answer

Are you interested in learning more about weight management? Have you been diagnosed with a chronic condition such as prediabetes, diabetes, or non-alcoholic fatty liver disease?

Join a Dietitian who will answer your questions about nutrition for weight management and review:

- Nutrition tips to help you achieve your weight management goals
- How nutrition is part of managing chronic conditions
- Your nutrition questions about weight management
Your Kidney Health

Are you interested in learning more about kidney health and preventing chronic kidney disease (CKD)? Come learn from a Nurse, including:

- The parts and function of kidneys
- What is CKD
- Treatment options for CKD
- Self-managing and preserving kidney health

Zoom Basics

If you want some help getting comfortable with basic Zoom features before attending one of our classes or programs, this class is for you!

The class will specifically cover the following basic Zoom features on a laptop or desktop computer:

- Join and leave a Zoom meeting
- Mute and unmute yourself
- Turn your video camera on and off
- Use the chat box and annotation button

For specific questions about your specific device that is not covered in this class, please visit the Zoom.us website.

This class also reviews procedures for all Calgary Zone AHLP programs.
For Information and to Register

To create an account and register for classes online, visit https://app.bookking.ca/ahlpcalgarypub/index.asp.

To register for the Health & Exercise Wellness Journey, call us at 403-943-2584.

For more information about the Alberta Healthy Living Program Calgary Zone, visit www.ahs.ca/ahlp and scroll down to the information for Calgary Zone.

You can also call us Monday to Friday between 8:00am – 4:00pm.

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