



# 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 (廣東話), Mandarin (普通话) and Punjabi (ਪੰਜਾਬੀ). 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 in English, Cantonese (廣東話), Tagalog, and Punjabi (ਪੰਜਾਬੀ). Click on the workshop name to register.

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.

## Supervised Exercise

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 **Supervised Exercise**, call us at 1-844-527-1160.

For **classes and workshops**, online registration is available:

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.

Current class dates and times with space available are listed on the registration form. You can also find the schedule in our [Class Schedule Guide](#) and register the same way. The guide is updated throughout the year.

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

## Need help finding or registering for a class or program?

Call us at 1-844-527-1160

Monday to Friday, 8:00 am – 4:00 pm

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## [Sign-up for Program Updates](#)

Have our monthly program newsletters and other updates sent to your inbox!



Class offered by Zoom



Class offered by phone



Video

## Video Series:

### [Helping You Feel Better after COVID-19](#)

These [videos](#) review 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 are for you.

#### Eating After COVID-19

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

#### Managing Breathing & Sleep

- [Managing a Persistent Cough after COVID-19](#)
- [Managing Shortness of Breath after COVID-19](#)
- [Managing Sleep 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](#)
- [Exercising at the Right Level and Monitoring Symptoms after COVID-19](#)
- [Tips for Getting Started with Exercise after COVID-19](#)

## Managing Stress

- [Managing Stress](#) (video)
- [Self-guided Learning](#) (workbook)

More resources about recovering from COVID-19:

- [Getting Healthy After COVID-19: Resources for Patients](#)
- [COVID-19 Mental Health Resources](#)
- Rehabilitation Advice Line – Call 1-833-379-0563

# Health Education Class Descriptions



Class offered by Zoom



Class offered by phone



Video

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## Arthritis – Self-Management of Osteoarthritis



Osteoarthritis is the most common type of arthritis. It affects your joints and can lead to pain, stiffness, and change what you are able to do. Join a Physiotherapist to learn about the condition and what you can do every day to help manage your symptoms and help you feel better. This 2-part class will talk about:

- What causes osteoarthritis, risk factors and symptoms
- How joints work and how they change with osteoarthritis
- How to protect your joints, manage pain and be active
- Tools and devices that can make daily life easier
- How overall wellness can help your symptoms
- Treatment options available

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## Better Breathing



Breathing can feel challenging for many reasons. We do not usually think about our breathing and how the way we breathe can change. Focusing on your breathing can help you manage stress, anxiety, and some symptoms of different health conditions.

All adults can find this class helpful. Come join a Respiratory Therapist to talk about:

- Using breathing to manage everyday life
- Breathing effectively during exercise
- Ways to breathe better
- Guided practice for better breathing

## 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



This class is also summarized in Punjabi (ਪੰਜਾਬੀ) in a [12-minute video](#). If you have more questions after watching the video, call 1-844-527-1160 to book an appointment with one of our Punjabi-speaking dietitians.

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## 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 3-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

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## 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

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## 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

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



Also offered in [Cantonese \(廣東話\)](#) and [Mandarin \(普通話\)](#).

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

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## [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.

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 many 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

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

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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.

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## [Get Active, Stay Active](#)



Learn about how not moving enough can change your health. In this 1-hour video, a Kinesiologist talks about:

- Why exercise is good for you
- The parts of an exercise program
- Setting yourself up to get more active
- What to think about when exercising with chronic health condition(s), like arthritis, COPD, diabetes, heart disease and/or pain

This video does not lead you in exercise and does not provide an exercise plan.

## [Getting Up and Down from the Floor Safely](#)



People get down to the floor for many reasons: cleaning, getting things from low shelves and drawers, bathing, and playing with kids and pets. In this class, a Physiotherapist will talk about:

- Different ways to get down to and back up from the floor in a safe way
- What to do if you fall onto the floor
- How to help someone safely get up from the floor

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## [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 identify behaviours that are not helping sleep
- Ways to develop healthy sleep habits for better sleep

Note: This class offers general information. Specific sleep disorders and sleep medications are not discussed.

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## [Heart Healthy Eating](#)



This class is also offered in [Cantonese \(廣東話\)](#), [Mandarin \(普通話\)](#) and [Punjabi \(ਪੰਜਾਬੀ\)](#).

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

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## [Living with ME](#)

Many people struggle with managing the symptoms of myalgic encephalomyelitis (ME). This 3-part video series 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

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## [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 2-part class (each class is 2.5 hours).

This class may not be suitable for people living with an eating disorder. Talk to a trusted healthcare provider or call Health Link (811) about services that may be a better fit for them.

## [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
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## [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
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## [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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## 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

## Parkinson's Speech & Swallowing Disorders

Parkinson Disease can change how a person speaks and swallows over time. If you live with Parkinson Disease or a Parkinson's Plus Syndrome or support someone living with these conditions, this class is for you. A Speech Language Pathologist will talk about:

- What normal speech and swallowing look like and how they change with Parkinson disease
- When to see a Speech Language Pathologist to help diagnose and treat problems
- Related treatment strategies and research

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## 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.

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.

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

Being active and exercising are important ways to help manage osteoporosis, lower our risk of falling and protect our bones. A Physiotherapist leads this class and will talk about:

- Why it is good to stay active and exercise with osteoporosis
- Moving safely while being active and exercising
- How much and what kind of exercise to do to keep bones healthy and strong

## [Steady on Your Feet](#)



Did you know that most falls do not have to happen if you do something to lower your chance of falling? Falls can happen to anyone at any age. As we get older, a fall can mean: getting hurt; can change what you can do on your own; and make life less enjoyable for you. About 33% of people over 65 years old and 50% of people over 80 years old will fall every year.

Join a Physiotherapist in this two-part class to learn more about:

- What can make you fall
- What you can do to lower your chance of falling, such as: being active; knowing about which medicines can make you sleepy or dizzy; and learning about how the body changes as we get older
- Being safe in your home and community
- What to do if you fall

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## [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!

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## [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:

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

A few classes feature a cooking demonstration hosted from the Wellness Kitchen.

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



This class is also offered in [Cantonese \(廣東話\)](#), [Mandarin \(普通話\)](#) and [Punjabi \(ਪੰਜਾਬੀ\)](#).

Are you diagnosed with prediabetes or Type 2 diabetes and not sure about what to eat? Do you want to learn about what to eat to prevent diabetes?

Come learn more from a Dietitian, including:

- How different foods can affect your blood sugar
  - Healthy eating tips to manage prediabetes and diabetes
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## [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!

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

This class provides information and support for people who are grieving the loss of a loved one 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?

## Understanding Obstructive Sleep Apnea



Do you have obstructive sleep apnea (OSA)? Are you looking for more information on OSA and have questions about treatment options? Join a Respiratory Therapist for this supportive 60-minute class and ask your questions about sleep apnea.

The Respiratory Therapist leading the class will explore:

- What is OSA
- Causes of OSA
- OSA testing & treatment options
- When to see your doctor
- Choosing an equipment supplier

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## 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 reach 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 about the following from a Registered Nurse:

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

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



Come learn about what you can eat to help keep your kidneys healthy! A Registered Dietitian will talk about:

- Healthy eating patterns to prevent and manage kidney disease
- Easy ways to follow these eating patterns
- When to see a dietitian for personalized nutrition help

# For Information and to Register

To register for classes and workshops online,  
click on the class name in this booklet.

To register for Supervised Exercise, call 1-844-527-1160.

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

Call us Monday to Friday, 8:00am – 4:00pm.

Phone: 1-844-527-1160

Fax: 403-955-6868

Email: [AHLP.CalgaryZone@ahs.ca](mailto:AHLP.CalgaryZone@ahs.ca)

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

Alberta Healthy  
Living Program



Published December 19, 2022