Choosing the right tools to live with a chronic health condition means that you have to be your own manager. The decisions that you make in this active role of manager will impact your physical and mental health and wellbeing.

There are many tools that you can use to manage a chronic health condition. Depending on your condition, these tools may include participating in an exercise program, improving your diet, managing your blood sugars, taking care of your heart health, and improving your sleep habits. Alberta Healthy Living Program- Calgary Zone can provide you with the tools that you need to make decisions that best support the management of your chronic condition.

In addition to supervised exercise and many different health education and nutrition services, the AHLP is proud to offer two 6-week-long self-management workshop series. The Better Choices, Better Health®-Chronic Disease (BCBH®) workshops are for people living with any chronic physical or mental health condition, such as diabetes, heart disease, arthritis, long COVID or depression. These workshops discuss: exercise and physical activity; nutrition; healthy sleep habits; dealing with difficult emotions; action planning; and more.

The BCBH®- Chronic Pain workshops are for people living with chronic pain, resulting from conditions like fibromyalgia, arthritis or long COVID. This workshop will help participants understand: what pain is; pacing strategies; communicating about pain; exercise; healthy eating; medications; action planning; and more. For more information or to register, please see our course catalogue.

Are you or a loved one living with long COVID symptoms? These classes can help.

The Alberta Healthy Living Program offers 5 health education classes about how to cope with symptoms like muscle aches and pains, shortness of breath, loss of taste and smell, stress and brain fog after testing positive for COVID-19. These classes are open to adults living anywhere in Alberta. For more information or to register, please see our course catalogue.

For upcoming phone-in classes:

**The 4 P’s for Meal Planning**
Wed Feb 9 from 6 p.m. – 7 p.m.

**Tips for Eating: Prediabetes & Diabetes**
Mon Feb 28 from 9 a.m. – 11 a.m.

**Weight Management: Dietitian Q&A**
Thu Feb 24 from 10 a.m. – 11 a.m.

For upcoming classes in Cantonese, Mandarin and Punjabi:

**Cantonese:**
Heart Healthy Eating
Mon Feb 7 from 1:30 p.m. – 3:30 p.m.

**Mandarin:**
Tips for Eating: Prediabetes & Diabetes
Tue Feb 8 from 9:30 a.m. – 11:30 a.m.

**Punjabi:**
Tips for Eating: Prediabetes & Diabetes
Fri Feb 25 from 9 a.m. – 11 a.m.

For more information about upcoming classes or to register, you can visit our online course catalogue or phone 403-943-2584.

You can also phone our Cantonese and Mandarin line at 403-955-6857 or our Hindi and Punjabi line at 403-955-6856.
Eating Well & Staying Healthy
Updates on our Zoom-based Health Education and Nutrition classes
We offer Zoom-based health and nutrition information on a variety of different topics.

Featured classes for February 2022 include:

**Chronic Conditions**
**Arthritis- An Introduction to Osteoarthritis**
Thu Feb 3 from 1 p.m. – 2:45 p.m.

**BCBH® - Chronic Disease**
Thu Feb 10, 17, 24, Mar 3, 10 & 17 from 1 p.m. – 3:30 p.m.; or
Tue Feb 22, Mar 1, 8, 15, 22 & 29 from 6 p.m. – 8:30 p.m.

**Chronic Pain**
**BCBH® - Chronic Pain**
Wed Feb 2, 9, 16, 23, Mar 2 & 9 from 1 p.m. – 3:30 p.m.; or
Thu Feb 17, 24, Mar 3, 10, 17 & 24 from 1 p.m. – 3:30 p.m.

**Coping with Stress during COVID-19**
The COVID-19 pandemic has intensified feelings of stress amongst Albertans. If you are looking for strategies to cope with stress during these difficult times, the AHLP is here to help.

There are many tools that can help you deal with stress. These include exercise, better breathing, adopting good sleep habits, problem solving, mindfulness, and more. The AHLP offers many programs and services that address all of these tools. If you live in the Calgary Zone, clinicians our supervised exercise program can help you find ways to exercise that are safe for your chronic condition(s).

Our Social Workers also offer classes to help you understand stress and what this might look like for you, such as our 1-part Managing Stress class and our 2-part Living Well with Stress class.

If you are looking for guidance in breathing techniques or sleep habits, our Respiratory Therapists would be happy to discuss this in our Better Breathing or Managing Breathing and Sleep class.

You can also attend one of our Better Choices, Better Health® workshops for guidance on nutrition, healthy sleep habits, problem solving and action planning.

**Accessing our Registered Dietitians**
Our registered dietitians are available for one-on-one telephone appointments. If we offer a class on a nutrition-related concern, we require that you attend the class before scheduling an appointment. There are no costs associated with our dietitian counselling.

**Do I need a Referral?**
You do not need a referral from a healthcare provider to access our programming. Call 403-943-2584 for more information.