Research has shown that exercise is critical in the management of chronic health conditions like diabetes, heart disease, chronic pain or arthritis. A safe exercise program can help you manage pain, improve strength and flexibility, manage weight and, in general, do the regular activities that are important to you.

If you are an adult who lives in Calgary with a chronic condition, the Alberta Healthy Living Program (AHLP) is inviting you to join our supervised exercise program. In this program, a Wellness Navigator will work with you to identify your personal physical activity goals, and use this information to link you with AHLP services that are relevant to your individual needs and abilities. These services may include a combination of supervised exercise classes, health or exercise education, nutrition counselling or one-on-one consult with another member of our healthcare team. Your Wellness Navigator will checking in with you during your time with the AHLP to address any successes or barriers that you are experiencing.

In addition to virtual exercise programs, we are happy to announce that we now offer the program in-person out of the East Calgary Health Centre.

For more information about our in-person or virtual supervised exercise programming, phone us at 1-844-527-1160 or e-mail AHLP.CalgaryZone@ahs.ca.

IMPORTANT! Changes to the Alberta Healthy Living Program Phone Number and Online Registration Process

Effective April 25, 2022, the Alberta Healthy Living Program has changed its phone number to 1-844-527-1160. This number will also replace our Cantonese, Mandarin, Hindi and Punjabi lines. Please make a record of this, as our current number (403-943-2584) will no longer be in use. If you speak Cantonese, Mandarin, Hindi or Punjabi, once you phone the new number, you can state the language that you would like to communicate in.

We also made some important changes to our online registration process for all health education classes and self-management workshops starting after May 1, 2022. Instead of using our course catalogue, you can register for classes through our Class Description Handbook, our Class Schedule Guide or our Find Workshops and Classes Tool.

Upcoming classes in Cantonese, Mandarin and Punjabi

**Cantonese:**
- **Tips for Eating: Prediabetes & Diabetes** (Register here)
  - May 9 from 1:30 p.m. – 3 p.m.
- **Heart Healthy Eating** (Register here)
  - May 17 from 1:30 p.m. – 2:30 p.m.

**Mandarin**
- **Eating Well for Good Health** (Register here)
  - May 17 from 1:30 p.m. – 2:30 p.m.
- **Heart Healthy Eating** (Register here)
  - May 30 from 1:30 p.m. – 3 p.m.

**Punjabi**
- **Heart Healthy Eating** (Register here)
  - May 5 from 10:30 a.m. – 12:30 p.m.
- **Tips for Eating: Prediabetes & Diabetes** (Register here)
  - May 12 from 1:30 p.m. – 3:30 p.m.
AHLP Program Updates

Featured health education classes and workshops for May 2022

We offer Zoom-based health and nutrition information on a variety of different topics. Click on the class name to learn more. For a complete list of classes offered by the Alberta Healthy Living Program, see our Class Description Handbook.

Health Education Classes

- **Arthritis: Self-Management of Osteoarthritis** *(Register here)*  
  May 10 from 2 p.m. – 3:15 p.m.

- **Better Breathing** *(Register here)*  
  May 16 from 10:15 a.m. – 11:30 a.m.

- **Try a Little Self-Kindness: Motivating with Self-Compassion** *(Register here)*  
  May 17 from 1 p.m. – 3:30 p.m.

- **Planning for the Future: Health Decisions Matter** *(Register here)*  
  Thu May 19 from 6 p.m. – 7 p.m.

Do you have questions about managing osteoarthritis? We can help.

Arthritis is an umbrella term used to describe a group of more than 100 diseases that are characterized by joint and tissue inflammation. Osteoarthritis is the most common of these, impacting 1 in 7 Canadian adults. Although there is currently no cure for the disease, there are ways that you can manage its symptoms.

The Alberta Healthy Living Program – Calgary Zone offers 2 Zoom-based classes about osteoarthritis. You can take one of or both of these classes, in any order. Both of these classes are one hour in length and are taught by a Physiotherapist.

A Physiotherapist is critical in the management of osteoarthritis. Although there is currently no cure for the disease, there are ways that you can manage its symptoms. Physiotherapists are movement specialists, and they will help you ensure that you are exercising safely and effectively with your chronic condition.

Self-Management Workshops

- **BCBH® - Chronic Disease** *(Register here)*  
  May 12, 19, 26, Jun 2, 9 & 16 from 1 p.m. – 3:30 p.m.; or May 24, 31, Jun 7, 14, 21 & 28 from 1 p.m. – 3:30 p.m.

- **Arthritis: An Introduction to Osteoarthritis** talks about the causes, risk factors and symptoms associated with osteoarthritis. It also discusses how your joints work and how your joints change with the disease. If you have questions about the condition and treatment options, this class is for you.

- **Arthritis- Self-Management of Osteoarthritis** will give you the tools you can use to manage your condition. It reviews what osteoarthritis is, tools and devices that can make daily life easier and how overall wellness can help your symptoms. In addition, this class will talk about how you can protect your joints, manage pain and be active.

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 a 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 programs and services. Call 1-844-527-1160 or e-mail AHLP.CalgaryZone@ahs.ca for more information.

Are you interested in receiving monthly updates from the AHLP? Join our e-mail distribution list