AHLP can help you stay active for life with a chronic condition. Here’s how.

Learning how to exercise safely is an important self-management tool for anybody living with a chronic health condition or disease. Whether you are looking to manage your chronic pain, control your blood sugars, manage your weight, or climb a flight of stairs without feeling short of breath, the Alberta Healthy Living Program (AHLP) can help you get there.

Our supervised exercise program is a unique service available to adults with chronic health condition(s) or disease(s) who live in the Calgary Zone. Your experience with our program will be tailored to your physical activity goals. After joining our program, you will meet with a Wellness Navigator to help you define these goals and make a personalized physical activity action plan to help you get there. Your Wellness Navigator will also help you access some of AHLP’s many programs that will help you achieve your goals.

If you enjoy exercising in group settings, our in-person or online group exercise classes might be for you. Depending on your physical abilities, activity limitations and goals, your Wellness Navigator will place you in a class level that is appropriate for you.

If you are somebody who prefers to exercise on your own or who cannot join our classes, we can still provide guidance on exercise modifications for your condition(s), and give you resources for home- or community-based exercise. In addition, you may wish to take some of our exercise-focused classes to learn about how cardio, strength, flexibility and posture are important parts of any exercise program. You might also be interested in taking advantage of our free online or phone-based classes or self-management workshops that cover topics like healthy sleep habits, managing stress, balance and fall prevention, healthy eating, and managing specific health conditions like diabetes, celiac disease, osteoarthritis, chronic pain and others.

Your Wellness Navigator will be there every step of the way to address any questions that you might have, and can help you adjust your action plan if needed. For more information or to register, call 1-844-527-1160.

In-person group exercise classes are coming to South Health Campus in September

Our group exercise classes (which can only be accessed through our supervised exercise program) are available both online and in-person out of the East Calgary Health Centre. We are excited to announce that, at the end of September, we will also be offering group exercise classes in-person out of South Health Campus. E-mail Teresa.Krahn@ahs.ca or call 1-844-527-1160 for more information.

For more information about our in-person or virtual programs and services, you can phone 1-844-527-1160 or e-mail us at AHLP.CalgaryZone@ahs.ca.

For more information, call 1-844-527-1160 or visit our website at www.ahs.ca/ahlp (click on Calgary Zone)
AHLP Program Updates

Featured health education classes and workshops for August 2022

We offer Zoom-based health and nutrition education 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: An Introduction to Osteoarthritis (Register here)
Aug 24 from 1 p.m. – 2:15 p.m.

Arthritis: Self-Management of Osteoarthritis (Register here)
Aug 11 from 1 p.m. – 2:15 p.m.

Eating Well and Managing Irritable Bowel Syndrome (Register here)
Aug 26 from 10 a.m. – 11 a.m.

Eating Well for Fatty Liver Disease (Register here)
Aug 11 from 9 a.m. – 10 a.m.

Eating Well for Weight and Health Part 1 (Register here)
Aug 17 from 10:30 a.m. – 11:30 a.m.

Eating Well for Weight and Health Part 2 (Register here)
Aug 18 from 2:30 p.m. – 3:30 p.m.

Getting Up and Down from the Floor Safely (Register here)
Aug 8 from 10 a.m. – 11 a.m.

Healthy Sleep Habits (Register here)
Aug 17 from 9:30 a.m. – 11 a.m.

Managing Emotional Eating (Register here)
Aug 11 & 18 from 1 p.m. – 3:30 p.m.

Who will be my Wellness Navigator?

Our supervised exercise program has a dedicated team of physiotherapists, kinesiologists, respiratory therapists, and occupational therapists – any of whom might be your Wellness Navigator. We are also proud to have registered social workers and registered dietitians on our team. If you have condition- or situation-specific questions that your Wellness Navigator cannot answer, they will connect you with the appropriate member of our team who can help you address them.

Accessing AHLP programs and services

You do not need a healthcare provider referral to access our program. If you are interested in registering for our supervised exercise program or accessing our nutrition counselling services, call us at 1-844-527-1160.

If you are interested in registering for one of our condition- or non-condition specific health education or nutrition classes, or our self-management workshops, you can also register online at www.ahs.ca/ahlp.

Questions? E-mail us at AHLP.CalgaryZone@ahs.ca

Accessing our Registered Dietitians

Our registered dietitians are available for telephone or in-person one-on-one appointments. If we offer a class on a nutrition-related concern, we require that you attend a class before scheduling an appointment.

Where can I access your in-person nutrition counselling services?

Our registered dietitians will be happy to meet you at East Calgary Health Centre, Sheldon M. Chumir Health Centre, South Health Campus, Genesis Centre, South Calgary Health Centre, or Cochrane Community Health Centre.

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