**Alberta Healthy Living Program Virtual Services**

AHLP is currently offering the following physically distant services:

- Dietitian phone appointments for those living with chronic health condition(s)
- Better Choices, Better Health® self-management workshops (see next page)
- Health education classes by phone and Zoom
  
  | *Zoom Basics* (intended for participants of AHLP programming) | *Chronic Fatigue Syndrome/Myalgic Encephalomyelitis* |
  | *Fibromyalgia: Fact and Function* | *Get Active, Stay Active* |
  | *Living Well with Stress* | *Managing Emotional Eating - COVID Edition* |
  | *Parkinson’s 101* | *Parkinson’s Medication Information* |
  | *Parkinson’s Speech and Swallowing Disorders* | *Planning for the Future (related to Parkinson’s)* |
  | *Your Kidney Health* | |

**Nutrition-related Classes:**

| *Celiac Disease Going Gluten Free* | *Dietitian Q&A: Heart Health* |
| *Dietitian Q&A: Weight Management* | *Eating Well & Managing Irritable Bowel Syndrome* |
| *Eating Well for Good Health* | *Eating Well with Fatty Liver Disease* |
| *Heart Healthy Eating* | *Nutrition: Eating Away From Home* |
| *Nutrition: I Know I Should Eat Healthy, But How?* | *Nutrition: The Top 5 Tips to Reduce Calories* |
| *Nutrition: The Truth About What Works in Weight Management* | *Tips for Eating: Prediabetes & Diabetes* |

**NEW CLASSES**

Meet with a Registered Dietitian to talk about your nutrition questions!

* **Dietitian Q&A: Heart Health** - Ask questions about heart health and general healthy eating (similar information to *Heart Healthy Eating* class).

* **Dietitian Q&A: Weight Management** - Ask questions about weight management, fatty liver disease, prediabetes, diabetes and general healthy eating (similar information to the AHLP weight management classes)*
Virtual Better Choices, Better Health® now available!

Come together online by Zoom to learn about managing chronic health conditions!

**Better Choices, Better Health®**
This widely tested 6-week workshop is an opportunity to discover:

- Practical ways to deal with pain, fatigue and stress
- Better nutrition and exercise choices
- Ways to make informed treatment decisions
- Improved ways to talk with your doctor and family about your health
- The support you need for ongoing conditions such as: diabetes, arthritis, high blood pressure, heart disease, chronic pain and anxiety.

The **Better Choices, Better Health® - Chronic Pain** option also runs for 6-weeks and covers these additional topics:

- Pacing yourself
- Treatments for chronic pain

**Join a “Zoom Basics” class before your workshop to learn about using Zoom!**

Search and register for classes and workshops online by clicking on the “Online Registration” link at [www.ahs.ca/ahlp](http://www.ahs.ca/ahlp).

Call for help with class registration or with questions about our program!
Our phone lines are open 8:00 am - 4:00 pm, Monday to Friday.

- **English** - (403) 943-2584 (9-HEALTH)
- **Cantonese** - (403) 955-6857
- **Hindi & Punjabi** - (403) 955-6856