

Education that supports your health and your life

Calgary Zone • Spring/Summer 2019 Workshop Guide

The Alberta Healthy Living Program (AHLP) offers free workshops and one-on-one sessions to help you better manage chronic conditions



Education empowers you

You can live healthier by learning what changes can help you feel better and more confident about managing chronic conditions.

It could be small changes, such as watching what and how much you eat or adding physical activity to your day. Or it could be big changes that involve understanding your emotions and how they can affect your health.

The AHLP helps you discover changes—big or small—that will help you live healthier and learn to confidently manage your health.

Services

Education

Disease-specific and general interest education classes are offered in different formats and for different lengths of time. All classes are led by health professionals or trained volunteers. Some classes are also offered in Cantonese, Mandarin and Punjabi.

Better Choices, Better Health®

People take part in a free 6-week Self-Management workshop. They gain confidence and learn the skills they need to live successful healthier lives, especially if they have any chronic conditions. Workshops are also offered in Cantonese and Punjabi.

Who it's for

AHLP workshops are for Albertans interested in learning how to manage chronic conditions. Family, friends and caregivers are also welcome to attend. We recommend participants are:

- Capable of participating in group settings
- Able to understand basic English
- At least 18 years of age or older.

Learn to live healthier

Workshops in this guide are designed to help you learn how to manage chronic conditions. Workshops are led by healthcare professionals including health educators, registered dietitians, registered nurses and exercise specialists.

Nutrition Services

Registered Dietitians (RD's) facilitate classes on heart healthy eating, healthy eating for diabetes, weight management and other chronic conditions. Individual appointments with RD's are available in Cantonese, Hindi and Punjabi. All appointments are offered Monday – Friday during the day.

Group Exercise

Supervised group exercise classes are monitored by health professionals. All group exercise classes are offered Monday – Friday during the day. One must be able to walk to participate. Self-referrals are accepted for exercise classes.

For Information and to Register

For information and to register
(Mon to Fri 8am – 4pm)
403-943-2584 (9- HEALTH)
Fax: 403-955-6868

For Cantonese and Mandarin:
403-955-6857

For Hindi and Punjabi:
403-955-6856

To register on line please visit
www.ahs.ca/cdmcalgaryzone.asp
and click the link for On Line Registration

Registration for The Alberta Healthy Living Program (AHLP) is now available in TWO ways to serve you better

- 1) AHLP now offers registration for our group education classes on line. This new system allows you to register for classes from the comfort of your home. In addition, you can easily change or cancel your classes on line.
Please visit www.ahs.ca/cdmcalgaryzone.asp and click on the link for On Line registration
- 2) Registration for AHLP classes may also be completed by calling the 9 HEALTH line at **403-943-2584**

Look for these icons throughout this guide for further information and tips.



Arthritis: An Introduction to Osteoarthritis

One 1.5 – hour interactive session.

In this session you will learn:

- What Osteoarthritis is
- Different approaches to help manage Osteoarthritis
- The various treatment options available

Who is this class for?

People diagnosed with Osteoarthritis or those who are looking for information about the condition.

Classes facilitated by Physiotherapists or other healthcare professionals.

Location	Days	Time	Session Dates
Crowfoot Primary Care Centre	Tue	6:00 pm - 7:30 pm	Apr. 30, 2019
Crowfoot Primary Care Centre	Mon	10:30 am - 12:00 pm	Aug. 12, 2019
East Calgary Health Centre	Wed	9:00 am - 10:30 am	May 22, 2019
Sheldon M. Chumir Health Centre	Wed	6:30 pm - 8:00 pm	May 29, 2019
Sheldon M. Chumir Health Centre	Thu	1:30 pm - 3:00 pm	Sep. 26, 2019
South Calgary Health Centre	Tue	6:30 pm - 8:00 pm	Apr. 16, 2019
South Calgary Health Centre	Tue	1:30 pm - 3:00 pm	Sep. 10, 2019

Better Choices Better Health®

Self-Management Workshops

Help yourself! Learn what you can do to take control of your health. Six 2.5-hour sessions.

Workshops are led by trained leaders and most have a chronic health condition.

BCBH®

- Learn and practice skills, such as problem solving, decision making and goal setting, needed to manage your health, especially the day-to-day challenges if you have a chronic condition.
- Learn and practice ways to manage symptoms, reduce fatigue and feel better.

Who is this workshop for?

Anyone who wants to gain confidence and learn skills to better manage their health, especially those with a chronic condition. Support persons may also attend.

Location	Days	Time	Session Dates
CCECA - Cantonese	Wed	9:30 am - 12:00 pm	May 1, 8, 15, 22, 29 and Jun. 5, 2019
East Calgary Health Centre	Tue	1:00 pm - 3:30 pm	Sep. 3, 10, 24, Oct. 1, 8 and 15, 2019
South Health Campus	Mon	9:00 am - 11:30 am	Apr. 1, 8, 15, 22, 29 and May 6, 2019

BCBH® – Chronic Pain

Similar content to BCBH® but includes additional topics such as:

- Learn techniques to control pain
- Learn how to make everyday tasks easier

Who is this workshop for

People with chronic pain who want to gain confidence and learn skills to better manage their health. Support persons may also attend.

Location	Days	Time	Session Dates
Airdrie Highland PCN	Mon	1:00 pm - 3:30 pm	May 6, 13, 27, Jun. 3, 10 and 17, 2019
Calgary Jewish Community Centre	Tue	1:00 pm - 3:30 pm	Apr. 23, 30, May 7, 14, 21 and 28, 2019
East Calgary Health Centre	Tue	1:00 pm - 3:30 pm	Jun. 4, 11, 18, 25, Jul. 2 and 9, 2019
High River Charles Clark Medical Centre	Thu	1:00 pm - 3:30 pm	May 16, 23, 30, Jun. 6, 13 and 20, 2019
Mosaic International Community Clinic	Mon	1:00 pm - 3:30 pm	May 27, Jun. 3, 10, 17, 24 and Jul. 8, 2019
Okotoks Sandstone Lodge	Mon	1:00 pm - 3:30 pm	Sep. 9, 16, 23, 30, Oct. 7 and 21, 2019
Sheldon M. Chumir Health Centre	Wed	6:15 pm - 8:45 pm	Sep. 18, 25, Oct. 2, 9, 16 and 23, 2019
Turner Valley Sheep River Library	Thu	9:30 pm - 12:00 pm	Apr. 4, 11, 18, 25, May 2 and 9, 2019
Vecova Recreation	Wed	1:00 pm - 3:30 pm	Apr. 10, 17, 24, May 1, 8 and 15, 2019



Available online

You can join this workshop from any computer with an internet connection. One session is posted each week for 6 weeks. To Register visit

<https://betterchoicesbetterhealth.ca/online/hl/hlMain>

Celiac Disease—Going Gluten-Free

One 3-hour session.

In this session you will learn:

- What celiac disease is
- About healthy eating on a gluten-free diet
- About where to buy gluten-free food, eating out gluten-free and label reading

Who is this class for?

People diagnosed with celiac disease or dermatitis herpetiformis and their support persons or people who want information on celiac disease.

Classes facilitated by Registered Dietitians.

Location	Days	Time	Session Dates
Cochrane Community Health Centre	Tue	1:00 pm - 4:00 pm	Jul. 30, 2019
East Calgary Health Centre	Tue	9:00 am - 12:00 pm	May 14, 2019
East Calgary Health Centre	Tue	9:00 am - 12:00 pm	Aug. 20, 2019
Peter Lougheed Centre	Wed	9:00 am - 12:00 pm	Jun. 19, 2019
Sheldon M. Chumir Health Centre	Wed	9:00 am - 12:00 pm	Oct. 2, 2019
South Calgary Health Centre	Wed	12:30 pm - 3:30 pm	Apr. 10, 2019
South Calgary Health Centre	Wed	12:30 pm - 3:30 pm	Jul. 17, 2019
Vecova Recreation	Fri	12:00 pm - 3:00 pm	Sep. 13, 2019

Cholesterol and Blood Pressure Essentials

One 2 to 3.5-hour session.

In this session you will learn:

- What cholesterol, triglycerides and blood pressure are
- Why high blood pressure is risky
- How to improve your cholesterol, triglycerides and blood pressure through lifestyle changes and by using healthy eating tips
- How to determine your risk for heart disease

Who is this class for?

People who want information on blood pressure and cholesterol.

Classes facilitated by Registered Dietitians and Registered Nurses.

Location	Days	Time	Session Dates
Airdrie - Genesis Place	Mon	9:00 am - 12:00 pm	May 27, 2019
Airdrie - Genesis Place	Mon	1:00 pm - 4:00 pm	Sep. 23, 2019
CCECA - Cantonese	Mon	9:00 am - 12:30 pm	Jun. 17, 2019
CCECA - Cantonese	Mon	9:00 am - 12:30 pm	Sep. 16, 2019
CCECA - Mandarin	Tue	9:00 am - 12:30 pm	Jul. 30, 2019
Cochrane Community Health Centre	Tue	1:00 pm - 4:00 pm	Jul. 2, 2019
Crowfoot Primary Care Centre	Tue	9:00 am - 12:00 pm	Apr. 16, 2019
Crowfoot Primary Care Centre	Tue	1:00 pm - 4:00 pm	Jun. 11, 2019
Crowfoot Primary Care Centre	Tue	9:00 am - 12:00 pm	Sep. 3, 2019
Dashmesh Culture Senior Society - Punjabi	Tue	1:30 pm - 3:30 pm	Apr. 30, 2019
East Calgary Health Centre	Thu	9:00 am - 12:00 pm	May 16, 2019
East Calgary Health Centre	Thu	9:00 am - 12:00 pm	Jun. 27, 2019
East Calgary Health Centre	Thu	9:00 am - 12:00 pm	Aug. 8, 2019

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Cholesterol and Blood Pressure Essentials (continued from previous page)

Location	Days	Time	Session Dates
Genesis Centre - Punjabi	Tue	1:30 pm - 3:30 pm	Sep. 3, 2019
Peter Lougheed Centre	Fri	9:30 am - 12:30 pm	Aug. 23, 2019
Richmond Road Diagnostic and Treatment Centre	Sat	8:30 am - 11:30 am	Jun. 22, 2019
Sheldon M. Chumir Health Centre	Wed	12:00 pm - 3:00 pm	May 8, 2019
South Calgary Health Centre	Tue	1:00 pm - 4:00 pm	Apr. 30, 2019
South Calgary Health Centre	Tue	1:00 pm - 4:00 pm	Jul. 23, 2019

Chronic Fatigue Syndrome/Myalgic Encephalomyelitis (ME/CFS)

One 2-hour session.

In this session you will learn:

- The signs and symptoms of ME/CFS
- Effective strategies to manage common symptoms of ME/CFS
- How to keep hope alive and move forward
- Where to find accurate information

Who is this class for?

Everyone who wants to learn more about ME/CFS. Also a good refresher for experienced patients.

Classes facilitated by trained volunteer leaders who have ME/CFS.

Location	Days	Time	Session Dates
South Health Campus	Wed	1:00 pm - 3:00 pm	Jun. 12, 2019

Conserving Your Energy

Two to three 1 to 1.5-hour sessions.

In these sessions you will learn:

- To identify causes of fatigue (both physical and mental)
- To reduce fatigue through principles of fatigue management

Who is this class for?

People who would like to enjoy their life with less stress and fatigue.

Classes facilitated by Occupational Therapists.

Location	Days	Time	Session Dates
Calgary Jewish Community Centre	Thu	11:00 am - 12:30 pm	Jun. 13 and 20, 2019
Calgary Jewish Community Centre	Thu	11:00 am - 12:30 pm	Sep. 5 and 12, 2019
East Calgary Health Centre	Thu	9:00 am - 10:30 am	Apr. 4 and 11, 2019
East Calgary Health Centre	Thu	9:00 am - 10:30 am	Jun. 6 and 13, 2019
Shawnessy YMCA	Wed	2:30 pm - 3:30 pm	Apr. 10, 17 and 24, 2019
Vecova Recreation	Mon	10:30 am - 12:00 pm	May 6 and 13, 2019
Vecova Recreation	Mon	10:30 am - 12:00 pm	Sep. 16 and 23, 2019

COPD – Breathing Matters

Three to four 1 to 1.5-hour sessions.
In these sessions you will learn:

- What is COPD (Chronic Obstructive Pulmonary Disease)
- Information about lung medications and inhalers
- Helpful breathing tips
- How to recognize when your breathing gets worse and what to do about it

Who is this class for?

People who want information on COPD.

Classes facilitated by Respiratory Therapists.

Location	Days	Time	Session Dates
Calgary Jewish Community Centre	Wed	10:00 am - 11:30 am	May 8, 15, 22 and 29, 2019
Cardel Rec South	Wed	10:30 am - 12:00 pm	Aug. 28, Sep. 4, 11 and 18, 2019
East Calgary Health Centre	Thu	9:00 am - 10:30 am	Aug. 15, 22, 29 and Sep. 5, 2019
East Calgary Health Centre	Wed	9:00 am - 10:30 am	May 8, 15, 22 and 29, 2019
Vecova Recreation	Tue	10:45 am - 12:15 pm	Apr. 16, 23 and 30, 2019
Vecova Recreation	Tue	10:45 am - 12:15 pm	Jun. 4, 11 and 18, 2019

Diabetes Essentials

5 to 8-hours of instruction offered as one full day or two half days. In these sessions you will learn:

- What diabetes is
- How to eat healthy with diabetes
- Ways to lower your blood sugar
- What your lab tests mean

Who is this class for?

People diagnosed with type 2 diabetes who have not been to diabetes classes before or people who would like information on diabetes.

Classes facilitated by Registered Dietitians and Registered Nurses.

Location	Days	Time	Session Dates
Airdrie - Genesis Place	Mon	9:00 am - 12:00 pm	May 6 and 13, 2019
Airdrie - Genesis Place	Mon	6:00 pm - 9:00 pm	Aug. 19 and 26, 2019
CCECA - Cantonese	Mon	9:00 am - 4:00 pm	Apr. 29, 2019
CCECA - Cantonese	Mon	9:00 am - 4:00 pm	Aug. 26, 2019
CCECA - Mandarin	Tue	9:00 am - 4:00 pm	Jun. 18, 2019
Crowfoot Primary Care Centre	Sat	9:30 am - 4:30 pm	Apr. 27, 2019
Crowfoot Primary Care Centre	Sat	9:30 am - 4:30 pm	Jun. 8, 2019
Dashmesh Culture Senior Society - Punjabi	Wed	1:30 pm - 3:30 pm	Sep. 11, 18, Oct. 2 and 9, 2019
East Calgary Health Centre	Thu	8:30 am - 3:30 pm	Apr. 4, 2019
East Calgary Health Centre	Thu	8:30 am - 3:30 pm	Jun. 6, 2019
East Calgary Health Centre	Thu	8:30 am - 3:30 pm	Sep. 19, 2019
Genesis Centre - Punjabi	Wed	1:00 pm - 4:00 pm	Jun. 19 and 26, 2019
Richmond Road Diagnostic and Treatment Centre	Sat	8:30 am - 3:30 pm	Apr. 13, 2019
Richmond Road Diagnostic and Treatment Centre	Tue	12:30 pm - 3:30 pm	May 7 and 14, 2019
Richmond Road Diagnostic and Treatment Centre	Sat	8:30 am - 3:30 pm	Jun. 15, 2019

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Diabetes Essentials *(continued from previous page)*

Location	Days	Time	Session Dates
Richmond Road Diagnostic and Treatment Centre	Sat	8:30 am - 3:30 pm	Jul. 6, 2019
Richmond Road Diagnostic and Treatment Centre	Tue	12:30 pm - 3:30 pm	Jul. 23 and 30, 2019
Richmond Road Diagnostic and Treatment Centre	Sat	8:30 am - 3:30 pm	Aug. 17, 2019
Richmond Road Diagnostic and Treatment Centre	Sat	8:30 am - 3:30 pm	Aug. 31, 2019
Richmond Road Diagnostic and Treatment Centre	Sat	8:30 am - 3:30 pm	Sep. 14, 2019
Richmond Road Diagnostic and Treatment Centre	Tue	12:30 pm - 3:30 pm	Sep. 24 and Oct. 1, 2019
South Calgary Health Centre	Tue	8:30 am - 3:30 pm	Apr. 16, 2019
South Calgary Health Centre	Tue	8:30 am - 3:30 pm	Jun. 25, 2019
South Calgary Health Centre	Sat	8:30 am - 3:30 pm	Sep. 7, 2019

Eating Well and Managing Irritable Bowel Syndrome

One 3-hour session.

In this session you will learn:

- The causes and symptoms of irritable bowel syndrome
- How diet and lifestyle choices can help you manage constipation, diarrhea, pain, gas and bloating
- How to make changes to your food intake to improve symptoms and still choose a nutritious diet

Who is this class for?

People who want to learn more about how to manage irritable bowel syndrome through diet, lifestyle and medical management.

Classes facilitated by Registered Dietitians.

Location	Days	Time	Session Dates
Cochrane Community Health Centre	Tue	1:00 pm - 4:00 pm	Apr. 9, 2019
East Calgary Health Centre	Tue	9:00 am - 12:00 pm	Jun. 11, 2019
East Calgary Health Centre	Tue	9:00 am - 12:00 pm	Oct. 1, 2019
Peter Lougheed Centre	Fri	9:30 am - 12:30 pm	Jul. 12, 2019
Sheldon M. Chumir Health Centre	Wed	9:00 am - 12:00 pm	May 1, 2019
Sheldon M. Chumir Health Centre	Wed	9:00 am - 12:00 pm	Aug. 7, 2019
South Calgary Health Centre	Wed	12:30 pm - 3:30 pm	May 22, 2019
South Calgary Health Centre	Wed	12:30 pm - 3:30 pm	Sep. 11, 2019



Take the test

To determine your risk of developing diabetes, take this fast and easy online test at

<http://diabetes.ca/newsroom/search-news/take-two-minutes-for-type-2-diabetes.aspx>

Eating Well for Good Health

One 3 to 4-hour session.

In this session you will learn about:

- Healthy eating and how you measure up
- The facts on fat, fibre and sodium
- The mystery of reading labels

Who is this class for?

People wanting to learn more about good nutrition to improve their health.

Classes facilitated by Registered Dietitians.

Location	Days	Time	Session Dates
Calgary Jewish Community Centre	Mon	9:00 am - 12:00 pm	Apr. 15, 2019
CCECA - Cantonese	Mon	9:00 am - 12:30 pm	May 27, 2019
CCECA - Cantonese	Mon	9:00 am - 12:30 pm	Sep. 9, 2019
Cochrane Community Health Centre	Tue	1:00 pm - 4:00 pm	May 21, 2019
East Calgary Health Centre	Thu	9:00 am - 12:00 pm	Jul. 11, 2019
East Calgary Health Centre	Thu	9:00 am - 12:00 pm	Sep. 5, 2019
Peter Lougheed Centre	Wed	9:00 am - 12:00 pm	May 8, 2019
Sheldon M. Chumir Health Centre	Wed	12:00 pm - 3:00 pm	Jul. 31, 2019
South Health Campus	Tue	12:00 pm - 4:00 pm	Apr. 9, 2019
South Health Campus	Tue	12:00 pm - 4:00 pm	Jun. 4, 2019
South Health Campus	Tue	12:00 pm - 4:00 pm	Sep. 10, 2019
Vecova Recreation	Tue	10:30 am - 1:30 pm	Jul. 2, 2019
Vecova Recreation	Thu	12:15 pm - 3:15 pm	Aug. 15, 2019

Eating Well with Fatty Liver Disease

One 2.5-hour session.

In this session you will learn:

- What non-alcoholic fatty liver disease is
- How to manage fatty liver disease with a healthy diet
- About tools to achieve a healthy weight to help manage fatty liver disease

Who is this class for?

People who would like to know more about nutrition to help them manage non-alcoholic fatty liver disease (NAFLD).

Classes facilitated by Registered Dietitians.

Location	Days	Time	Session Dates
Cochrane Community Health Centre	Tue	1:00 pm - 3:30 pm	Aug. 27, 2019
East Calgary Health Centre	Fri	12:30 pm - 3:00 pm	May 10, 2019
East Calgary Health Centre	Fri	12:30 pm - 3:00 pm	Jul. 19, 2019
Peter Lougheed Centre	Fri	9:30 am - 12:00 pm	May 31, 2019
Peter Lougheed Centre	Fri	9:30 am - 12:00 pm	Sep. 20, 2019
Sheldon M. Chumir Health Centre	Wed	9:00 am - 11:30 am	Apr. 17, 2019
South Health Campus	Mon	1:00 pm - 3:30 pm	Apr. 29, 2019
South Health Campus	Wed	5:30 pm - 8:00 pm	Jun. 5, 2019
South Health Campus	Wed	1:00 pm - 3:30 pm	Aug. 14, 2019
South Health Campus	Mon	1:00 pm - 3:30 pm	Sep. 30, 2019

Explaining Pain

One 2-hour session.

In this session you will learn:

- The mechanisms that create pain
- How pain affects the nervous system
- Why pain persists
- Strategies that help nervous system windup

Who is this class for?

People who want information on chronic pain.

Classes facilitated by healthcare professionals.

Location	Days	Time	Session Dates
CCECA - Cantonese	Tue	9:00 am - 1:00 pm	May 7, 2019
CCECA - Cantonese	Tue	9:00 am - 1:00 pm	Aug. 6, 2019
Richmond Road Diagnostic and Treatment Centre	Thu	1:30 pm - 3:30 pm	Jun. 27, 2019

Fibromyalgia: Facts and Function

One 2-hour session.

In this session you will learn:

- What fibromyalgia is and how to explain it to family and friends
- A general overview of treatments available
- The importance of exercise in the management of fibromyalgia
- How to maintain and enhance your function when living with fibromyalgia

Who is this class for?

People with fibromyalgia or those interested in learning more about it.

Classes facilitated by Kinesiologists.

Location	Days	Time	Session Dates
East Calgary Health Centre	Thu	2:00 pm - 4:00 pm	Sep. 5, 2019
Richmond Road Diagnostic and Treatment Centre	Wed	1:00 pm - 3:00 pm	May 15, 2019
South Calgary Health Centre	Wed	1:00 pm - 3:00 pm	Sep. 25, 2019
Vecova Recreation	Tue	1:00 pm - 3:00 pm	Jun. 25, 2019

Get Active Stay Active

One 2.5-hour session.

In this session you will learn:

- How physical activity (and/or exercise) can help with overall health.
- Differences between lifestyle and structured physical activity
- Guidelines for types of exercise (cardiovascular, strength training, balance & flexibility)

- Learn how to set physical activity/exercise goals and how to plan for barriers

Who is this class for?

People who want information on how to manage their health with activity.

Classes facilitated by Kinesiologists.

Location	Days	Time	Session Dates
East Calgary Health Centre	Tue	1:00 pm - 3:30 pm	May 7, 2019
Sheldon M. Chumir Health Centre	Wed	1:00 pm - 3:30 pm	Apr. 3, 2019
Sheldon M. Chumir Health Centre	Thu	6:00 pm - 8:30 pm	Sep. 26, 2019
South Health Campus	Wed	1:00 pm - 3:30 pm	Jun. 19, 2019
South Health Campus	Tue	1:00 pm - 3:30 pm	Sep. 3, 2019

Getting Started: Planning for Success

One 2.5-hour session.

In this session you will learn:

- The causes of obesity, treatment options, and how it impacts your health and life
- Ways to record what you eat, how active you are and how you are feeling emotionally

Who is this class for?

People who want information on how to manage their weight.

Classes facilitated by Registered Nurses.

Location	Days	Time	Session Dates
East Calgary Health Centre	Wed	6:00 pm - 8:30 pm	May 15, 2019
East Calgary Health Centre	Wed	6:00 pm - 8:30 pm	Aug. 21, 2019

Lifestyle Change: A Toolkit for Success

One 2.5-hour session.

In this session you will learn:

- How to make and maintain healthy lifestyle changes
- Strategies such as prioritizing, journaling, problem solving, thinking skills and goal setting

Who is this class for?

People who want information on how to manage their weight.

Classes facilitated by Registered Nurses.

Location	Days	Time	Session Dates
East Calgary Health Centre	Thu	6:00 pm - 8:30 pm	Jun. 20, 2019
East Calgary Health Centre	Tue	6:00 pm - 8:30 pm	Sep. 24, 2019

Living Well with Stress

Two 2 to 2.5-hour sessions.

In these sessions you will:

- Learn the sources and signs of stress
- Explore healthy ways to cope with and manage stress
- Develop a personal plan to address the stress in your own life

Who is this class for?

People wanting to learn more about living well with stress.

Classes facilitated by Social Workers.

Location	Days	Time	Session Dates
Calgary Jewish Community Centre	Tue	1:00 pm - 3:30 pm	Sep. 3 and 10, 2019
East Calgary Health Centre	Thu	6:00 pm - 8:30 pm	Jun. 6 and 13, 2019
Sheldon M. Chumir Health Centre	Thu	6:15 pm - 8:45 pm	May 2 and 9, 2019
South Calgary Health Centre	Thu	1:00 pm - 3:30 pm	Jun. 20 and 27, 2019
Vecova Recreation	Wed	1:00 pm - 3:30 pm	May 15 and 22, 2019



Take the test

Find out your risk of heart disease.

Take the quiz at <https://myhealth.alberta.ca/Alberta/Pages/Heart-Disease-Risk-Calculator.aspx>

Living with Stroke

Six 2-hour sessions.

- Program includes videos, activities and discussions to learn more about dealing with stroke and its effects
- Your caregiver, a family member or a friend should attend the program with you

Who is this class for?

People who have had a stroke or TIA (Transient Ischemic Attack) or want information on living with stroke.

Classes facilitated by Nurse Clinicians.

Location	Days	Time	Session Dates
East Calgary Health Centre	Wed	9:00 am - 11:00 am	Aug. 28, Sep. 4, 11, 18, 25 and Oct. 2, 2019
Vecova Recreation	Wed	9:00 am - 11:00 am	May 8, 15, 22, 29, Jun. 5 and 12, 2019

Managing Emotional Eating

Three 2 to 2.5 hour sessions.

In these sessions you will:

- Learn about what influences your food choices
- Learn what you can do to build awareness of your own emotional eating
- Build skills and tools to help with your emotional eating

Who is this class for?

People who would like to know more about emotional eating and what they can do to manage it.

Classes facilitated by Social Workers.

Location	Days	Time	Session Dates
Calgary Jewish Community Centre	Tue	9:30 am - 12:00 pm	May 28, Jun. 4 and 11, 2019
East Calgary Health Centre	Thu	1:00 pm - 3:30 pm	Apr. 11, 18 and 25, 2019
Sheldon M. Chumir Health Centre	Thu	6:15 pm - 8:45 pm	Sep. 19, 26 and Oct. 3, 2019
South Health Campus	Thu	1:00 pm - 3:30 pm	May 16, 23 and 30, 2019
Vecova Recreation	Wed	1:00 pm - 3:30 pm	Jun. 12, 19 and 26, 2019

Nutrition: Eating Away From Home and During Special Occasions

One 2.5-hour session.

In this session you will learn:

- How buffets, parties, vacation and holiday eating can affect calorie intake
- Strategies to minimize extra calories when eating away from home and during special occasions

Who is this class for?

People who want to learn more about nutrition to help them manage their weight.

Classes facilitated by Registered Dietitians.

Location	Days	Time	Session Dates
Cochrane Community Health Centre	Tue	1:00 pm - 3:30 pm	Apr. 23, 2019
East Calgary Health Centre	Thu	6:00 pm - 8:30 pm	Jul. 25, 2019
Peter Loughheed Centre	Fri	9:30 am - 12:00 pm	Sep. 6, 2019
Sheldon M. Chumir Health Centre	Wed	1:00 pm - 3:30 pm	Aug. 14, 2019
South Health Campus	Mon	1:00 pm - 3:30 pm	May 27, 2019
Vecova Recreation	Fri	12:30 pm - 3:00 pm	Jun. 21, 2019

Nutrition: I Know I Should Eat Healthy, But How?

One 2.5-hour session.

In this session you will learn:

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

Who is this class for?

People who want to learn more about nutrition to help them manage their weight.

Classes facilitated by Registered Dietitians.

Location	Days	Time	Session Dates
Cochrane Community Health Centre	Tue	1:00 pm - 3:30 pm	Sep. 24, 2019
East Calgary Health Centre	Tue	6:00 pm - 8:30 pm	May 28, 2019
East Calgary Health Centre	Thu	6:00 pm - 8:30 pm	Aug. 22, 2019
Peter Lougheed Centre	Fri	9:30 am - 12:00 pm	Jul. 26, 2019
Sheldon M. Chumir Health Centre	Wed	1:00 pm - 3:30 pm	Apr. 10, 2019
South Health Campus	Tue	1:00 pm - 3:30 pm	May 7, 2019
South Health Campus	Tue	1:00 pm - 3:30 pm	Jun. 18, 2019
Vecova Recreation	Thu	9:00 am - 11:30 am	Aug. 29, 2019

Nutrition: The Top 5 Tips to Reduce Calories

One 2.5-hour session.

In this session you will learn:

- About calories and facts about managing your weight
- The top 5 tips to lower calories

Who is this class for?

People who want to learn more about nutrition to help them manage their weight.

Classes facilitated by Registered Dietitians.

Location	Days	Time	Session Dates
Cochrane Community Health Centre	Tue	1:00 pm - 3:30 pm	Jun. 4, 2019
East Calgary Health Centre	Thu	6:00 pm - 8:30 pm	Apr. 18, 2019
Peter Lougheed Centre	Wed	9:00 am - 11:30 am	Aug. 14, 2019
Sheldon M. Chumir Health Centre	Wed	1:00 pm - 3:30 pm	Jul. 17, 2019
South Health Campus	Wed	5:30 pm - 8:00 pm	Apr. 24, 2019
South Health Campus	Mon	1:00 pm - 3:30 pm	May 13, 2019
South Health Campus	Mon	1:00 pm - 3:30 pm	Jun. 24, 2019
South Health Campus	Mon	1:00 pm - 3:30 pm	Sep. 16, 2019
Vecova Recreation	Fri	12:30 pm - 3:00 pm	Sep. 27, 2019



It is recommended that adults accumulate at least 2 1/2 hours of moderate to vigorous physical activity each week and that children and youth accumulate at least 60 minutes per day.

You don't have to do it all at once. Choose a variety of activities, spread throughout the week.

<https://www.canada.ca/en/health-canada/services/food-nutrition/canada-food-guide/maintaining-healthy-habits/be-active.html>

Nutrition: The Truth About What Works in Weight Management

One 2.5-hour session.

In this session you will learn:

- To evaluate what you are eating and strategies that can help lower your calories
- How meal patterns, food choices and portion size affect calorie intake

- About which foods can help you manage your weight

Who is this class for?

People who want to learn more about nutrition to help them manage their weight.

Classes facilitated by Registered Dietitians.

Location	Days	Time	Session Dates
Cochrane Community Health Centre	Tue	1:00 pm - 3:30 pm	May 7, 2019
East Calgary Health Centre	Thu	6:00 pm - 8:30 pm	Jun. 13, 2019
Peter Lougheed Centre	Wed	9:00 am - 11:30 am	Sep. 11, 2019
Sheldon M. Chumir Health Centre	Wed	1:00 pm - 3:30 pm	Apr. 24, 2019
South Health Campus	Mon	1:00 pm - 3:30 pm	Apr. 15, 2019
South Health Campus	Mon	1:00 pm - 3:30 pm	Jun. 10, 2019
South Health Campus	Wed	5:30 pm - 8:00 pm	Jul. 17, 2019
South Health Campus	Mon	1:00 pm - 3:30 pm	Aug. 19, 2019
South Health Campus	Wed	1:00 pm - 3:30 pm	Sep. 25, 2019
Vecova Recreation	Fri	12:30 pm - 3:00 pm	May 10, 2019

Osteoporosis and Bone Health

One 2.5 to 3-hour session.

In this session you will learn:

- What osteoporosis is and how to tell I have it
- What I can do to protect my bones
- What medical treatments are available for osteoporosis

Who is this class for?

People interested in learning more about bone health.

Classes facilitated by Registered Dietitians, Registered Nurses or Pharmacists.

Location	Days	Time	Session Dates
East Calgary Health Centre	Thu	1:00 pm - 3:30 pm	May 9, 2019
East Calgary Health Centre	Thu	1:00 pm - 3:30 pm	Sep. 26, 2019
Richmond Road Diagnostic and Treatment Centre	Thu	1:00 pm - 3:30 pm	Jun. 13, 2019
Richmond Road Diagnostic and Treatment Centre	Sat	9:00 am - 11:30 am	Sep. 28, 2019

Pacing for People with Chronic Pain - 'Give Pace a Chance'

One 2-hour session.

In this session you will learn:

- Why pacing is important in managing chronic pain
- 3 ways to apply pacing to tasks
- The relationship between pain and energy levels avoiding flare ups and developing a flare up plan
- The purpose of a flare-up plan.

- To use your energy wisely to avoid a pain flare-up.

Who is this class for?

People who have chronic pain and would like to learn ways to manage that pain.

Classes facilitated by an Occupational Therapist and other healthcare professionals.

Location	Days	Time	Session Dates
East Calgary Health Centre	Wed	2:00 pm - 4:00 pm	Apr. 24, 2019
East Calgary Health Centre	Wed	2:00 pm - 4:00 pm	Sep. 18, 2019
South Health Campus	Wed	2:00 pm - 4:00 pm	Jun. 5, 2019

Parkinson's 101

One 2-hour session.

In this session you will learn:

- What Parkinson's disease is
- How symptoms are controlled
- About treatment options
- What resources are available in the community

Who is this class for?

People diagnosed with Parkinson's and their families.

Classes facilitated by Registered Nurses or client services coordinators from the Parkinson's Society.

Location	Days	Time	Session Dates
East Calgary Health Centre	Wed	10:00 am - 12:00 pm	May 8, 2019
South Health Campus	Wed	1:00 pm - 3:00 pm	Sep. 11, 2019

Parkinson's Medication Information

One 2-hour session.

You will learn about the medications you take for Parkinson's and why.

Who is this class for?

People diagnosed with Parkinson's and their families.

Classes facilitated by Registered Nurses.

Location	Days	Time	Session Dates
South Health Campus	Wed	1:00 pm - 3:00 pm	Jun. 26, 2019

Parkinson's Speech and Swallowing Disorders

One 2 hour session.

In this session you will learn:

- How speech and swallowing can be impacted by Parkinson disease
- What normal speech and swallowing look like and how things change with Parkinson disease
- Things you can do to improve some of these issues
- When to see a speech-language pathologist to help diagnose and treat problems when they arise
- About treatment strategies and research that is being done in the field of speech-language pathology and Parkinson disease

Who is this class for?

People diagnosed with Parkinson's and their families.

Classes facilitated by Speech Language Pathologists.

Location	Days	Time	Session Dates
Sheldon M. Chumir Health Centre	Wed	6:15 pm - 8:15 pm	Aug. 28, 2019
South Health Campus	Mon	10:00 am - 12:00 pm	Jun. 3, 2019

Planning for the Future

One 2.5 hour session.

In this session you will learn:

- How the losses through movement disorders can impact personal finances and what you can do about it
- About creating a supportive housing environment and alternate housing options (when, how and what)
- About advanced care planning (personal, health care and financial decisions to ensure your wishes are known)

Who is this class for?

People diagnosed with movement disorders such as but not limited to Parkinson's, Huntington's disease, dystonia, essential tremor and their families and friends.

Classes facilitated by Social Workers.

Location	Days	Time	Session Dates
East Calgary Health Centre	Wed	12:30 pm - 3:00 pm	Sep. 25, 2019
South Health Campus	Wed	12:30 pm - 3:00 pm	May 1, 2019

Prediabetes: Lower Your Risk of Type 2 Diabetes

One 1.5 to 3-hour session.

In this session you will learn how to prevent or delay the onset of diabetes.

Who is this class for?

People at high risk for developing diabetes, pre-diabetes, Impaired Fasting Glucose (IFG), Impaired Glucose Tolerance (IGT) or those who have a family history of diabetes.

Classes facilitated by Registered Dietitians.

Location	Days	Time	Session Dates
CCECA - Cantonese	Mon	9:00 am - 12:00 pm	Apr. 15, 2019
CCECA - Cantonese	Mon	9:00 am - 12:00 pm	Aug. 19, 2019
Cochrane Community Health Centre	Tue	1:00 pm - 3:00 pm	Sep. 10, 2019
Crowfoot Primary Care Centre	Tue	9:00 am - 11:00 am	Apr. 30, 2019
East Calgary Health Centre	Tue	9:00 am - 11:00 am	Aug. 6, 2019
Peter Lougheed Centre	Wed	9:00 am - 11:00 am	Jul. 17, 2019
Richmond Road Diagnostic and Treatment Centre	Sat	1:00 pm - 3:00 pm	Jun. 22, 2019
Sheldon M. Chumir Health Centre	Wed	9:00 am - 11:00 am	May 15, 2019
South Calgary Health Centre	Tue	1:00 pm - 3:00 pm	Jun. 25, 2019
South Calgary Health Centre	Tue	1:00 pm - 3:00 pm	Aug. 20, 2019

Steady on Your Feet

One - two 1.5 to 3 hour sessions.

In these sessions you will learn information about the risk of falls and how to decrease your chance of falling.

Who is this class for?

People interested in learning about preventing falls.

Classes facilitated by Physiotherapists and Occupational Therapists.

Location	Days	Time	Session Dates
Airdrie - Genesis Place	Mon	1:00 pm - 2:30 pm	Sep. 9, 2019
Cardel Rec South	Tue	10:30 am - 12:00 pm	Jun. 4 and 11, 2019
Cardel Rec South	Tue	10:30 am - 12:00 pm	Sep. 24 and Oct. 1, 2019
Cochrane Community Health Centre	Tue	1:00 pm - 2:30 pm	Sep. 10, 2019
East Calgary Health Centre	Wed	1:00 pm - 4:00 pm	Apr. 17, 2019
East Calgary Health Centre	Wed	1:00 pm - 4:00 pm	Sep. 11, 2019

Stroke 101

One 2-hour interactive session.

In this session you will learn:

- How to recognize and respond to stroke and TIA (Transient Ischemic Attack)
- If you have risk factors for stroke and how to reduce your risk

Who is this class for?

People wanting information on how to prevent stroke and TIA (Transient Ischemic Attack) and what to do if someone you know is having a stroke.

Classes facilitated by nurse clinicians.

Location	Days	Time	Session Dates
East Calgary Health Centre	Tue	1:00 pm - 3:00 pm	Sep. 17, 2019
South Calgary Health Centre	Tue	1:00 pm - 3:00 pm	Apr. 30, 2019
Vecova Recreation	Tue	9:00 am - 11:00 am	Jun. 25, 2019

Try a Little Self-Kindness: Motivating with Self-Compassion

One 2.5-hour session.

In this session you will learn:

- Learn to motivate with self-compassion rather than self-criticism
- Explore the importance of practicing self-compassion to improve quality of life and health
- Learn self-compassion strategies for daily life

Who is this class for?

Anyone seeking to enhance their ability to positively cope with their chronic health condition and the ups and downs it brings.

Classes facilitated by Social Workers.

Location	Days	Time	Session Dates
East Calgary Health Centre	Wed	1:00 pm - 3:30 pm	Aug. 7, 2019
South Health Campus	Tue	1:00 pm - 3:30 pm	Apr. 30, 2019

Waking Up to Healthy Sleep

One 1.5 to 2-hour session.

In this session you will learn:

- Education on normal sleep and some factors that can interfere with sleep
- How to develop healthy sleep behaviours and eliminate sleep incompatible behaviours
- Practical strategies to help improve your sleep

Who is this class for?

People who are having difficulty falling and/or staying asleep.

Classes facilitated by Respiratory Therapists.

Location	Days	Time	Session Dates
Calgary Jewish Community Centre	Wed	10:30 am - 12:00 pm	May 1, 2019
Calgary Jewish Community Centre	Wed	10:30 am - 12:00 pm	Sep. 18, 2019
East Calgary Health Centre	Mon	9:00 am - 10:30 am	May 13, 2019
East Calgary Health Centre	Wed	9:00 am - 10:30 am	Sep. 18, 2019
South Calgary Health Centre	Wed	10:30 am - 12:00 pm	Jun. 19, 2019
Vecova Recreation	Tue	10:45 am - 12:00 pm	Apr. 9, 2019
Vecova Recreation	Tue	10:45 am - 12:00 pm	May 28, 2019
Vecova Recreation	Tue	10:45 am - 12:00 pm	Aug. 27, 2019

Your Kidney Health

One 2.5-hour interactive workshop.

In this session you will learn:

- Anatomy and function of kidneys
- Information on Chronic Kidney Disease (CKD)
- Treatment modalities for CKD
- Tips for self-management and preservation of your kidney health

Who is this class for?

People wanting to take control of their kidney health.

Classes facilitated by Registered Nurses.

Location	Days	Time	Session Dates
CCECA - Cantonese	Thu	9:00 am - 12:00 pm	May 9, 2019
CCECA - Cantonese	Thu	9:00 am - 12:00 pm	Aug. 8, 2019
East Calgary Health Centre	Wed	1:00 pm - 3:30 pm	May 1, 2019
Genesis Centre - Punjabi	Wed	1:30 pm - 3:30 pm	Sep. 18, 2019
Sheldon M. Chumir Health Centre	Wed	10:00 am - 12:30 pm	Sep. 25, 2019
South Calgary Health Centre	Wed	1:00 pm - 3:30 pm	Jun. 19, 2019
Vecova Recreation	Wed	10:00 am - 12:30 pm	May 29, 2019

The information contained in this program guide is applicable from April 1, 2019 to September 30, 2019 and is subject to change and/or cancellation.

AHLP – Mission Statement

We are an interdisciplinary team leading a community-based, self-management program that puts the participant at the centre of all care.

We deliver accessible and diverse services to improve the quality of life for people with chronic health conditions.

Online Education and Resources

University of Calgary has educational resources available about:

- Prediabetes
- Diabetes
- Weight Management
- Osteoporosis
- Stress, Sleep, Focused Breathing

Please visit:

<https://ucalgary.ca/cdm>

MyHealth.Alberta.ca has health information and tools, including information about:

- Health conditions
- Healthy living
- Medications
- Tests and treatments

Please visit:

<https://myhealth.alberta.ca/Pages/default.aspx>

Exercise Sites

Rural Exercise Sites

Airdrie Genesis Place

(800 East Lake Boulevard NE, Airdrie, AB)

Cochrane – Spray Lakes Family Sport Centre

(800 Griffin Road East, Cochrane, AB)

Okotoks Recreation Centre

(99 Okotoks Drive, Okotoks, AB)

Strathmore – The Bank Fitness Centre

(137 - 2 Avenue, Strathmore, AB)

Northwest Sites

Melcor YMCA at Crowfoot

Vecova Recreation

Southwest Sites

Jewish Community Centre

Southeast Sites

East Calgary Health Centre

Shawnessy YMCA

Cochrane 6

Sites with Exercise Classes Locations

- ▼ 1 Airdrie – Genesis Place
800 East Lake Boulevard NE, Airdrie, AB
- ▼ 2 Airdrie Highland PCN
101 – 217 Centre Avenue SW, Airdrie, AB
- ▼ 3 Alexander Calhoun Public Library
3223 – 14 Street SW, Calgary, AB
- ▼ 4 Calgary Chinese Elderly Citizens Association
(Cantonese and Mandarin)
111 Riverfront Avenue SW, Calgary, AB
- ▼ 5 Cardel Rec South
100 – 333 Shawville Boulevard SE, Calgary, AB
- ▼ 6 Cochrane Community Health Centre
60 Grande Boulevard, Cochrane, AB
- ▼ 7 Dashmesh Culture Senior Society –
Punjabi (No wheelchair access)
61 Martindale Drive NE, Calgary, AB
- ▼ 8 East Calgary Health Centre
4715 – 8 Avenue SE, Calgary, AB
- ▼ 9 Crowfoot Primary Care Centre
Suite 201 – 60 Crowfoot Crescent NW, Calgary, AB
- ▼ 10 Genesis Centre of Community Wellness
7555 Falconridge Blvd. NE Calgary, AB
- ▼ 11 High River Charles Clark Health Centre
102 303 9th Avenue, High River, AB
- ▼ 12 Jewish Community Centre
1607 – 90 Avenue SW, Calgary, AB
- ▼ 13 Melcor YMCA at Crowfoot
8100 John Laurie Boulevard NW, Calgary, AB
- ▼ 14 Memorial Park Public Library
1221 2 Street SW, Calgary AB
- ▼ 15 Mosaic International Community Clinic
#25, 3301 – 17 Avenue SE, Calgary, AB
- ▼ 16 Peter Lougheed Centre
3500 – 26 Avenue NE, Calgary, AB
- ▼ 17 Okotoks Recreation Centre
99 Okotoks Drive, Okotoks, AB
- ▼ 18 Okotoks Sandstone Lodge
101 Centre Court, Okotoks, AB
- ▼ 19 Richmond Road Diagnostic and Treatment Centre
1820 Richmond Road SW, Calgary, AB
- ▼ 20 Shawnessy YMCA
400 – 333 Shawville Boulevard SE, Calgary, AB
- ▼ 21 Sheep River Library
131 Main Street, Turner Valley, AB
- ▼ 22 Sheldon M. Chumir Health Centre
1213 – 4 Street SW, Calgary, AB
- ▼ 23 South Calgary Health Centre
31 Sunpark Plaza SE, Calgary, AB
- ▼ 24 South Calgary PCN
11150 Bonaventure Dr SE #200, Calgary, AB
- ▼ 25 South Health Campus
4448 Front Street SE, Calgary, AB
- ▼ 26 Strathmore Municipal Library
85 Lakeside Blvd, Strathmore, AB
- ▼ 27 Strathmore PCN Clinic
Bay H Highway 1, Strathmore, AB
- ▼ 28 Vecova Recreation
3304 – 33 Street NW, Calgary, AB

City of Calgary

