



Chronic Disease  
Management

Alberta Healthy  
Living Program

## Class descriptions and schedules are available online.

The most up-to-date information for class dates, times and locations can be viewed on our online registration system.

To search for classes on our online registration system:

1. Visit [www.ahs.ca/ahlp](http://www.ahs.ca/ahlp)
2. Click on the “Online Registration” link.
3. Click on “Courses” in the blue menu bar.
4. Click on the blue “Filters” tab to the left of the category listings.
5. Search for classes by location, name, time and days of the week.

Need help finding or registering for a class? Have questions about our program?

Our phone lines are open 8:00 am – 4:00 pm, Monday to Friday.

For English, please call 403-943-2584 (9-HEALTH).

For Cantonese, please call 403-955-6857.

For Hindi and Punjabi, please call 403-955-6856.