



## Current Class Schedule Guide - Central Zone January 1—March 31, 2023

The following classes are being offered by phone and/or over Zoom.  
Registration is **NOW OPEN** for these sessions.

- \* Adult Weight Management - Levels 1, 2, 3
- \* Adult Weight Management - Introduction to Bariatric Surgery
- \* Better Choices, Better Health
- \* Chronic Pain—Better Choices, Better Health
- \* Diabetes the Basics
- \* Heart Wise
- \* Managing Emotional Eating
- \* Staying Strong and Healthy as We Age
- \* Eating Well and Managing Irritable Bowel Syndrome
- \* Minding Stress
- \* Moving Matters
- \* Nutrition: Eating Away from Home
- \* Nutrition: 4P's for Meal Planning
- \* Nutrition Labels: Reading Between the Lines
- \* Intuitive Eating
- \* Sleep Well
- \* Supervised Exercise - Information Session
- \* Celiac Disease—Going Gluten Free

For the most up-to date detailed class information please check our

“Central Zone Workshop Guide” link at

<https://www.albertahealthservices.ca/assets/programs/ps-cdm-central-catalogue.pdf>

Our phone lines are open 7:45 a.m. - 4:30 p.m. Monday to Friday.  
and 7:45 a.m. - 8:00 p.m. Tuesday, Wednesday & Thursday

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**To register for Online Classes call: 1-877-314-6997**

Call us if you need help with registration or if you have questions about our programs.

Rev: September 13, 2022

## Adult Weight Management - Level 1

Session Date	Days	Time	Location
Jan 9, 16, 23	Mon	1:00—3:30 PM	Zoom class
Jan 24, 31, Feb 7	Tues	9:00—11:30 AM	Zoom class
Feb 2, 9, 16	Thurs	5:30—8:00 PM	Zoom class
Feb 14, 21, 28	Tues	9:00—11:30 AM	Zoom class
Feb 23, Mar 2, 9	Thurs	1:00—3:30 PM	Zoom class
Mar 1, 8, 15	Wed	1:00—3:30 PM	Zoom Class
Mar 13, 20, 27	Mon	5:30—8:00 PM	Zoom Class
Mar 22, 29, Apr 5	Wed	9:00—11:30 AM	Zoom Class

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## Adult Weight Management - Level 2

\*Adult Weight Management Level 1 is a pre-requisite to Level 2.

Session Date	Days	Time	Location
Jan 30, Feb 6, 13	Mon	1:00—3:30 PM	Zoom class
Feb. 23, Mar 2, 9	Thurs	5:30—8:00 PM	Zoom class

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## Adult Weight Management - Level 3

\*Adult Weight Management Level 2 is a pre-requisite to Level 3.

Session Date	Days	Time	Location
Jan 12, 19	Thurs	5:30—8:00 PM	Zoom class
Feb 27, Mar 6	Mon	1:00—3:30 PM	Zoom class
Mar 16, 23	Thurs	5:30—8:00 PM	Zoom class

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## Adult Weight Management: Introduction to Bariatric Surgery

Session Date	Days	Time	Location
Mar 30	Thurs	5:30 – 8:00 PM	Zoom class

## Better Choices, Better Health

Session Date	Days	Time	Location
Jan 11, 18, 25, Feb 1, 8, 15	Wed	1:00—3:30 PM	Zoom Class
Mar 16, 23, 30, Apr 6, 13, 20	Thurs	1:00—3:30 PM	Zoom Class

## Chronic Pain - Better Choices, Better Health

Session Date	Days	Time	Location
Jan 17, 24, 31, Feb 7, 14, 21	Tues	1:00 – 3:30 PM	Zoom class
Mar 16, 23, 30, Apr 6, 13, 20	Thurs	9:00—11:30 AM	Zoom class

## Diabetes: The Basics

Session Date	Days	Time	Location
Jan 11, 18, 25 Feb 1	Wed	5:30—8:00 PM	Zoom class
Jan 26, Feb 2, 9, 16	Thurs	9:00—11:30 AM	Zoom class
Feb 3, 10, 17, 24	Fri	9:00—11:30 AM	Zoom class
Feb 8, 15, 22, Mar 1	Wed	1:00—3:30 PM	Zoom class
Feb 21, 28, Mar 7, 14	Tues	5:30—8:00 PM	Zoom class
Mar 1, 3, 8, 10 (Condensed)	Wed/Fri	9:00—11:30 AM	Zoom class
Mar 6, 13, 20, 27	Mon	1:00—3:30 PM	Zoom class
Mar 21, 28, Apr 4, 11	Tues	9:00—11:30 AM	Zoom class
Mar 28, Apr 4, 11, 18	Tues	5:30—8:00 PM	Zoom class

## Heart Wise

Session Date	Days	Time	Location
Jan 4, 11, 18, 25	Wed	9:00—11:30 AM	Zoom class
Jan 17, 24 31, Feb 7	Tues	1:00—3:30 PM	Zoom class
Jan 24, 26, 31 Feb 2 (Condensed)	Tues/Thurs	9:00—11:30 AM	Zoom class
Jan 30, Feb 6, 13, 27	Mon	5:30—8:00 PM	Zoom class
Feb 14, 21, 28, Mar 7	Tues	9:00—11:30 AM	Zoom class
Feb 23, Mar 2, 9, 16	Thurs	9:00—11:30 AM	Zoom class
Feb 28, Mar 7, 14, 21	Tues	1:00—3:30 PM	Zoom class
Mar 15, 22, 29, Apr 5	Wed	5:00—8:30 PM	Zoom class
Mar 22, 24, 29, 31 (condensed)	Wed/Fri	9:00—11:30 AM	Zoom class

## Minding Stress

Session Date	Days	Time	Location
Feb 1, 8	Wed	5:30—8:00 PM	Zoom class

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## Moving Matters

Session Date	Days	Time	Location
Feb 7	Tues	9:00—11:30 AM	Zoom class

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## Sleep Well

Session Date	Days	Time	Location
Jan 12	Thurs	5:30—8:00 PM	Zoom class
Mar 14	Tues	1:00—3:30 PM	Zoom class

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## Supervised Exercise - Information Session

Session Date	Days	Time	Location
Please contact AHLP for dates and times for this class.			

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## Nutrition: 4 P's for Meal Planning

Session Date	Days	Time	Location
Jan 30	Mon	6:00—7:00 PM	Zoom class
Feb 14	Tues	12:00—1:00 PM	Zoom class
Mar 20	Mon	6:00—7:00 PM	Zoom class

## Managing Emotional Eating

Session Date	Days	Time	Location
Jan 9, 16, 23	Mon	5:30—8:00 PM	Zoom class
Mar 22, 29, Apr 5	Wed	1:00—3:30 PM	Zoom class

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## Nutrition: Staying Strong & Healthy as We Age

Session Date	Days	Time	Location
Mar 14	Tues	9:00—11:30 AM	Zoom class

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## Nutrition: Eating Away From Home

Session Date	Days	Time	Location
Mar 8	Wed	6:00—7:00 PM	Zoom class

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## Nutrition Labels: Reading Between the Lines

Session Date	Days	Time	Location
Jan 25	Wed	12:00—1:00 PM	Zoom class
Feb 22	Wed	6:00—7:00 PM	Zoom class
Mar 24	Fri	12:00—1:00 PM	Zoom class

## **Celiac Disease—Going Gluten Free**

Session Date	Days	Time	Location
Jan 12	Thurs	13:00—14:00 PM	Zoom class
Feb 9	Thurs	13:00—14:00 PM	Zoom class
Mar 8	Wed	9:00—10:00 AM	Zoom class

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## **Intuitive Eating \*New Class Starting Fall 2022\***

Session Date	Days	Time	Location
Feb 15, 22, Mar 1	Wed	9:00—10:30 AM	Zoom class

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## **Eating Well and Managing Irritable Bowel Syndrome**

Session Date	Days	Time	Location
Jan 10	Tues	9:00—10:00 AM	Zoom class
Feb 8	Wed	9:00—10:00 AM	Zoom class
Mar 6	Mon	9:00—10:00 AM	Zoom class