

Alberta Healthy Living Program

Central Zone Education Guide



Adults living in Alberta can refer themselves to any of our classes and workshops. We also accept referrals from doctors and other healthcare providers.

Click on the class name to register online. You can also search our [Find Workshops & Classes](#) table to find classes and programs that fit your learning interests.

After attending a nutrition class, adults living with chronic conditions in the Central Zone can call Nutrition Services to book an individual dietitian appointment for more support. Booking is by phone only. Please call: 1-403-309-2810 for an appointment.

Supervised Exercise is available to adults living with chronic conditions in the Central Zone. Learn more by visiting <https://www.ahs.ca/info/Page18354.aspx>.

For more information about the Alberta Healthy Living Program Central Zone, visit www.ahs.ca/ahlp.

Call us Monday to Friday, 8:00am – 4:15pm

Phone: 1-877-314-6997

Fax: 1-877-314-6993

Email: AHLP.CentralZone@ahs.ca

Classes & Workshops

Condition Specific

- [Adult Weight Management: Journey to Better Health *NEW*](#)
- [Bariatric Surgery: Is it right for me?](#)
- [Diabetes The Basics](#)
- [Fatty Liver Disease](#)
- [Heart Health: Eating to Improve Blood Pressure](#)
- [Heart Health: Eating to Improve Cholesterol](#)
- [Heart Wise](#)
- [Nutrition: Celiac Disease: Going Gluten-Free](#)
- [Nutrition: Eating Well and Managing Irritable Bowel Syndrome](#)
- [Nutrition: Eating Well for Weight and Health](#)
- [Nutrition: Tips for Eating: Prediabetes and Diabetes](#)
- [Weight Management: Dietitian Q&A](#)

General Health

- [Better Choices, Better Health® Chronic Disease](#)
- [Better Choices, Better Health® Chronic Pain](#)
- [Exercise Essentials: Motivation, Strength, Cardio & Balance](#)
- [Menopause the Basics](#)
- [Moving Matters](#)
- [Sleep Well](#)
- [Supervised Exercise](#)
- [Support Weekly Action Team - SWAT](#)

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General Nutrition Classes

- [4 P's for Meal Planning](#)
- [Eating Away from Home](#)
- [Reading Food Labels](#)

Emotional Wellness

- [Improving Your Relationship with Food](#)
- [Managing Emotional Eating](#)
- [Minding Stress](#)
- [Wellness Exchange](#)

Classes & Workshops Offered in Other Zones

Condition Specific

- [Adult Weight Management Level 1](#)
- [Adult Weight Management Level 2](#)
- [Adult Weight Management Level 3](#)
- [Arthritis: Self-Management of Osteoarthritis](#)
- [COPD: Breathing Matters](#)
- [COVID-19 Symptom Management and Recovery \(video series\)](#)
- [Kidney Health](#)
- [Kidney Health: What Should I Eat?](#)
- [Osteoporosis and Bone Health](#)
- [Osteoporosis: Staying Active & Exercising](#)
- [Parkinson's 101 Education Series](#)
- [Obstructive Sleep Apnea](#)

General Health

- [Better Breathing](#)
- [Conserving Your Energy](#)
- [Pain: Pacing for People with Chronic Pain](#)
- [Planning for the Future: Health Decisions Matter](#)

General Nutrition Classes

- [The Glycemic Index and Your Health](#)

Emotional Wellness

- [Grief: Understanding Your Experience](#)
- [Self-Kindness: Try Motivating with Self-Compassion](#)



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