



You have this guide to help you **choose and sign up for any classes, workshops and series** from the list below – just click on the class name. Your health providers can also [refer](#) you (Fax: 1-780-409-3780).

You can also search here: [Find Workshops & Classes](#) to view all classes, workshops and series for you, from across Alberta. For all online sessions, you must be in Alberta for the program.

You can click [here](#) and/or call or email for all information about the Alberta Healthy Living Programs:

Phone: 1-877-314-6997 (press 2)

Email: AHLP.CentralZone@primarycarealberta.ca

NOTE:

After taking a nutrition session, adults with chronic conditions can call 1-403-309-2810 for an appointment with a Registered Dietitian for more support. (for adults from Central Area only)

Also, a Supervised Exercise series is available to adults living with chronic conditions in Central and other areas in Alberta. Learn more by clicking [here](#).

Adult Classes, Workshops and Series for a condition:

- [Weight Management: Journey to Better Health](#)
- [Bariatric Surgery: Is it right for me?](#)
- [Cardiac Rehabilitation](#)
- [Diabetes The Basics](#)
- [Heart Health: Eating to Improve Blood Pressure](#)
- [Heart Health: Eating to Improve Cholesterol](#)
- [Heart Wise: Managing Blood Pressure and Cholesterol](#)
- [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](#)
- [Nutrition: Fatty Liver Disease](#)



Other choices:

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

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](#)
- [Managing Stress 101](#)
- [Wellness Exchange: Problem Solving, Positive Activities, Managing Reactions, Helpful Thinking & Healthy Connections](#)

You can take other Alberta Healthy Living Classes & Workshops

Edmonton and Surrounding Area Calendar for [Education and Skills to support your health and your life](#)

North Area

- [Adult Weight Management Level 1](#)
- [Adult Weight Management Level 2](#)
- [Adult Weight Management Level 3](#)
- [Arthritis: Self-Management of Osteoarthritis](#)

Emotional Wellness

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

Calgary Area

- [COPD: Breathing Matters](#)
- [COVID-19 Symptom Management and Recovery \(video series\)](#)
- [Kidney Health](#)
- [Nutrition: Kidney Health: What Should I Eat?](#)
- [Nutrition: Osteoporosis and Bone Health](#)
- [Osteoporosis: Staying Active & Exercising](#)
- [Parkinson's 101 Education Series](#)
- [Obstructive Sleep Apnea](#)

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