



Class Schedule Guide - Central Zone Jan. 1 to Mar. 31, 2021

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

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| *Diabetes the Basics | *Heart Wise |
| * Managing Emotional Eating | *Minding Stress |
| *Better Choices Better Health | *Sleep Well |
| * Eating Well for Weight & Health | *Eating Well |
| *Eating Away from Home and During Special Occasions | *Eat Healthy but How: The 4P's for Meal Planning |
| *Lifestyle Change: A toolkit for Success | *Moving Matters |
| *Nutrition Labels: Reading Between the Lines | |

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

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.

Visit AHS' COVID-19 page for the latest updates and accurate information:
www.albertahealthservices.ca/topics/Page16944.aspx

Better Choices, Better Health

Session Date	Days	Time	Location
Jan. 5, 12, 19, 26, Feb. 2, 9	Tues	1:00 p.m. - 3:30 p.m.	Zoom Class
Feb. 3, 10, 17, 24, Mar. 3, 10	Wed	1:00 p.m. - 3:30 p.m.	Zoom Class
Mar. 4, 11, 18, 25, Apr. 1, 8	Thurs	1:00 p.m. - 3:30 p.m.	Zoom Class

Diabetes: The Basics

Session Date	Days	Time	Location
Jan. 5, 12, 19, 26	Tues	9:30 a.m. - Noon	Zoom Class
Jan. 20, 27, Feb. 3, 10	Wed	1:00 p.m. - 3:30 p.m.	Zoom Class
Feb. 4, 11, 18, 25	Tue	5:30 p.m. - 8:00 p.m.	Zoom Class
Feb. 9, 16, 23, Mar. 2	Tues	1:00 p.m. - 3:30 p.m.	Zoom Class
Mar. 18, 25 Apr. 1, 8	Thurs	9:30 a.m. - Noon	Zoom Class

Getting Started: Planning for Success

Session Date	Days	Time	Location
No classes available at this time			

Heart Wise: Managing Cholesterol and Blood Pressure

Session Date	Days	Time	Location
Jan 4, 11	Mon	6:00 p.m. -8:30 p.m.	Zoom Class
Jan. 19, 26	Tues	1:30 p.m. -4:00 p.m.	Zoom Class
Feb. 3, 10	Wed	9:30 a.m.- Noon	Zoom Class
Feb. 22, Mar. 1	Mon	9:30 a.m.- Noon	Zoom Class
Mar. 9, 16	Tues	1:00 p.m. -3:30 p.m.	Zoom Class
Mar. 24, 31	Wed	1:00 p.m. -3:30 p.m.	Zoom Class

Lifestyle Change: A toolkit for Success

Session Date	Days	Time	Location
Jan. 5	Tues	6:00 p.m. –8:30 p.m.	Zoom Class
Jan. 28	Thurs	1:00 p.m. –3:30 p.m.	Zoom Class

Lifestyle Series: Ready for Change

Session Date	Days	Time	Location
No classes available at this time			

Lifestyle Series: Sleep Well

Session Date	Days	Time	Location
Jan. 4	Mon	1:00 p.m. - 3:00 p.m.	Zoom Class
Jan. 29	Fri	9:30 a.m. - 11:00 a.m.	Zoom Class
Mar. 19	Fri	9:30 a.m. - 11:00 a.m.	Zoom Class

Lifestyle Series: Stress Less

Session Date	Days	Time	Location
Jan. 6	Wed	1:00 p.m. - 2:30 p.m.	Zoom Class
Jan. 11	Mon	1:00 p.m. - 2:30 p.m.	Zoom Class
Mar. 1	Mon	1:00 p.m. - 2:30 p.m.	Zoom Class

Lifestyle Series: Time to Move

Session Date	Days	Time	Location
No classes available at this time			

Managing Emotional Eating

Session Date	Days	Time	Location
Jan. 7, 14, 21	Thurs	5:00 p.m. -7:30 p.m.	Zoom Class
Jan. 18, 25, Feb. 1	Mon	9:30 a.m. -Noon	Zoom Class
Mar. 3, 10, 17	Wed	9:30 a.m. -Noon	Zoom Class
Mar. 8, 15, 22	Mon	1:00 p.m. - 3:30 p.m.	Zoom Class

Minding Stress: Effectively Reduce and Manage the Stress in your Life

Session Date	Days	Time	Location
Jan. 26, Feb. 2	Tues	6:00 p.m. - 8:30 p.m.	Zoom Class
Feb 18, 25	Thurs	1:00 p.m. - 3:30 p.m.	Zoom Class

Moving Matters: Including Physical Activity in your Day

Session Date	Days	Time	Location
Feb. 23	Tues	6:00 p.m. - 8:30 p.m.	Zoom Class

Eating Well for Weight & Health

Session Date	Days	Time	Location
Jan. 12, 19	Tues	6:00 p.m. - 8:30 p.m.	Zoom Class
Feb. 4, 11	Thurs	1:00 p.m. - 3:30 p.m.	Zoom Class

Nutrition: Eating Away From Home and During Special Occasions

Session Date	Days	Time	Location
Feb. 16	Tues	6:00 p.m. - 8:30 p.m.	Zoom Class
Mar. 11	Thurs	1:00 p.m. - 3:30 p.m.	Zoom Class

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

Session Date	Days	Time	Location
Feb. 9	Tues	6:00 p.m. - 8:30 p.m.	Zoom Class
Mar. 4	Thurs	1:00 p.m. - 3:30 p.m.	Zoom Class

Nutrition: The Top 5 Tips to Reduce Calories

Session Date	Days	Time	Location
No Classes available at this time			

Nutrition: The Truth About What Works in Weight Management

Session Date	Days	Time	Location
No Classes available at this time			

Nutrition Labels: Reading Between the Lines

Session Date	Days	Time	Location
Jan. 8	Fri	9:30 a.m. - 11:30 a.m.	Zoom Class
Feb. 1	Mon	1:00 p.m. - 3:00 p.m.	Zoom Class
Mar. 5	Fri	9:30 a.m. - 11:30 a.m.	Zoom Class
Mar. 29	Mon	1:00 p.m. - 3:00 p.m.	Zoom Class

Respiratory Education

Session Date	Days	Time	Location
No Classes available at this time			

Supervised Exercise Information Session

Session Date	Days	Time	Location
No Classes available at this time			

Supervised Exercise Program

Session Date	Days	Time	Location
No Classes available at this time			