Education that supports your health and your life

Central Zone • Workshop Guide
April 2021 to April 2022

The Alberta Healthy Living Program (AHLP) offers free workshops and one-on-one sessions to help you better manage and/or support someone with a chronic condition.
Education empowers you

You can live healthier by learning what changes can help you feel better and more confident about managing a chronic condition.

It could be small changes, such as watching what and how much you eat or adding physical activity to your day. Or it could be big changes that involve understanding your emotions and how they can affect your health.

The AHLP helps you discover changes—big or small—that will help you live healthier and learn to confidently manage your health.

Who it’s for

AHLP workshops are for Albertans interested in learning how to prevent or manage a chronic condition. Family, friends and caregivers are also welcome to attend. We recommend participants are:

• Capable of participating in group settings
• Able to understand basic English
• At least 18 years of age or older.

Learn to live healthier

Workshops in this guide are designed to help you learn how to prevent/manage a chronic condition and live healthier. Workshops vary by community, but in general cover:

• Disease-specific education for conditions such as diabetes, obesity, high blood pressure and more
• General health topics such as nutrition, reducing stress and sleeping well
• Supervised exercise programs.

Workshops are led by healthcare professionals including health educators, registered dietitians, registered nurses and exercise specialists.

Virtual workshop times are subject to change. For more information and to register call 1-877-314-6997.
Adult Weight Management: Level 1

Sessions
3

Who it’s for
Anyone who would like to learn more about the benefits of maintaining a healthy weight and how to build a plan to reach weight loss goals.

Length
2½ hours

Description
Learn how to increase your physical activity, manage calories and nutrition and develop healthier habits.

Topics Include:
- Weight, health and treatment options
- Journaling, calories and eat well plate
- Problem solving, motivation and making new habits

Adult Weight Management: Level 2

Sessions
3

Who it’s for
For those who have completed Adult Weight Management Level 1 and would like to learn more about maintaining a healthy weight and maintaining weight loss goals.

Length
2½ hours

Description
Learn how to plan meals, develop a structured physical activity plan, and learn how to deal with thoughts and feeling that affect behavior change.

Topics Include:
- Adding movement into your day
- Making healthy food choices and meal planning
- Becoming mindful of patterns

Adult Weight Management: Level 3

Sessions
2

Who it’s for
For those who have completed Adult Weight Management Level 2 and would like to learn more about maintaining a healthy weight and maintaining weight loss goals.

Length
2½ hours

Description
Learn how to manage eating away from home, overcome challenges and maintain positive habit changes.

Topics Include:
- Healthy eating in different situations
- Review successes and challenges
Adult Weight Management: Introduction to Bariatric Surgery

Sessions: 1
Who it’s for: For those who are interested in surgical treatment options for weight management

Length: 2½ hours
Description: Clients can learn general information about bariatric surgery, the types of bariatric surgery performed in Alberta, possible complications, health outcomes and steps for success.

Topics Include:
• Surgery options and outcomes

Better Choices, Better Health®

Sessions: 6
Who it’s for: Anyone living or supporting someone with a Chronic Disease such as:
• Diabetes
• Chronic pain
• Heart disease
• Arthritis
• Breathing concerns
• Depression/anxiety
• Weight management
• Cancer
• HIV
• Fibromyalgia
• Similar Chronic Health Conditions

Length: 2½ hours
Description: Nutrition, physical activity and stress affect your life, especially when you’re living with ongoing health concerns. These workshops will help you discover changes and strategies to help you live healthier.*

Topics include:
• Overcoming the physical and emotional challenges of living with chronic conditions
• Managing pain, fatigue and stress
• Making positive nutrition and active living choices
• Setting personal goals and acting on your plans

*This education is originally based on Stanford University’s Chronic Disease Self-Management Program.

Available Online
You can join this workshop from any computer with an Internet connection, including dial-up. Easy-to-follow interactive sessions are posted weekly for six weeks and require about 2-2½ hours a week at your convenience. You can choose to remain anonymous.
To register, visit https://betterchoicesbetterhealth.ca/online

Workshops are free. To register, call 1-877-314-6997
Diabetes the Basics

Sessions
4

Who it’s for
Anyone with pre-diabetes or Type 2 diabetes, whether newly diagnosed or wanting a refresher, anyone at risk of developing diabetes and any support person.

Length
2½ hours

Description
Diabetes is a chronic condition that affects the health and well-being of more than 1.1 million Albertans. Choices you make about what, how much and when you eat, your activity and dealing with stress can make a difference and help you live healthier. These workshops help you learn about diabetes and effective strategies to manage it.

This workshop is based on Diabetes Canada 2018 Clinical Practice Guidelines.

Topics include:
- What is diabetes?
- Treating highs and lows
- Blood sugar and other tests; what are they and why are they important?
- What, how and when we eat can affect blood sugars
- The benefits of keeping active
- Taking care of your feet
- Importance of regularly scheduled diabetes visits

Take the test
To determine your risk of developing diabetes, take this fast and easy online test at http://diabetestest.ca
Heart Wise

Sessions
4

Who it’s for

- Anyone with high blood pressure, cholesterol and/or triglycerides who would like to learn how to improve these values and manage their heart health.
- Anyone with heart disease that would like to learn more about heart health and how to manage their condition(s) effectively.
- Anyone at risk for developing heart disease
- Any support person

Length
2½ hours

Description

Maintaining a healthy blood pressure, cholesterol & triglyceride targets can reduce your risk of heart disease, stroke, heart attack, kidney failure and many other illnesses. In this workshop, you will learn what affects your heart (and whole cardiovascular system) and how you can help to improve your overall heart health through medical, lifestyle and nutrition interventions.

Topics include:

- What is the cardiovascular system
- What are cardiovascular condition and risk factors for cardiovascular disease
- What are labs and what do they mean for your cardiovascular health
- How and why managing medications can keep your heart healthy
- How to self-monitor symptoms and safely exercise
- What is heart healthy eating and how it can look for you

Take the test
Find out your risk of heart disease with MyHealth.Alberta.ca’s online quiz at https://bit.ly/1Vs29zp
**Managing Emotional Eating**

**Sessions**
3

**Who it’s for**
Anyone who wants help improving their eating habits.

**Length**
2½ hours

**Description**
What you eat, how you eat and how much you eat are all part of your eating habits. Shaping them begins with understanding your triggers and relationships with food. In these workshops, you will learn how you can form better eating habits that last a lifetime.

Topics include:
- Food triggers, such as emotions, situations, events and cravings
- Strategies for long-term, healthy eating habits
- How to form a healthy relationship with food.

**Staying Strong and Healthy as We Age**

**Sessions**
1

**Who it’s for**
Anyone interested in learning practical ways to stay strong and healthy while aging.

**Length**
2½ hours

**Description**
Life changes as we age, as do the needs of our bodies. This course will take you through nutrition, staying active, and social activities that can help you stay healthy as you age. Attend in comfortable clothes and be prepared to move throughout.

Topics include:
- How food can help up maintain our strength
- Mealtime tips
- Staying active while aging - the 4 key pillars of activity
- The importance of being social
Minding Stress

Sessions
2

Who it’s for
Anyone who feels stress and would like to learn how to reduce or prevent it.

Length
2½ hours

Description
Many things can cause stress. It can stem from your job, health, a conflict in belief, or a major life change. Learning how to reduce or prevent stress can help you manage chronic conditions, improve mental health and reduce your risk of developing a range of disorders such as hypertension, Type 2 diabetes, obesity and irritable bowel syndrome. In this workshop you will learn more about stress, how to manage it and also how to practice mindful eating.

Topics include:
- What stress is
- What causes stress and how it can affect your life
- Mindful eating.

Moving Matters

Sessions
1

Who it’s for
Anyone looking to learn more about physical activity and how to include it in their day.

Length
2½ hours

Description
Physical activity is any activity that is part of your daily life. It can include simple things like cleaning, walking, taking the stairs and carrying groceries. Including more physical activity in your day can help you maintain a healthy weight and better manage chronic conditions. In this workshop you will learn about physical activity and how to include it in your day.

Topics include:
- Benefits and barriers to getting active
- Tips on how to increase your physical activity
- How to set personal activity goals.

How much activity do I need?
Adults need 150 minutes of moderate to vigorous activity each week and kids need 60 minutes or more per day. Moderate activity means your breathing and heart rate are higher than normal and you may be sweating.

Workshops are free. To register, call 1-877-314-6997
ahs.ca/cdmcentralzone
Sleep Well

Sessions
1

Who it’s for
Anyone who wants to sleep better.

Length
2½ hours

Description
Quality sleep refreshes the body and mind. It also helps us make better life choices and control food cravings. In this workshop, discover what quality sleep means, how it relates to your health and tips for better sleep.

Topics include:
• The link between quality sleep and good health
• Normal and abnormal sleep patterns
• Understanding your sleep habits
• Tips to help you sleep better.

Nutrition: 4 P’s for Meal Planning

Sessions
1

Who it’s for
Anyone who would like to learn how to form healthy eating habits.

Length
2½ hours

Description
When you plan and prepare meals ahead, you are more likely to eat nutritious foods, develop new, healthy habits and save money. In this workshop, taught by a registered dietitian, you will learn tips and strategies for planning and preparing food that will help you eat healthier.

Topics include:
• How to put your nutrition knowledge into practice.
• The 4 P’s: Plan, Purchase, Prepare and Pack

Workshops are free. To register, call 1-877-314-6997

ahs.ca/cdmcentralzone
Nutrition: Eating Away From Home

Sessions
1

Who it’s for
Anyone looking for tips and strategies to prevent overeating while away from home or during special occasions.

Length
2½ hours

Description
Food is often central to holidays, parties, and special occasions. It also tends to be higher in calories, fat or sugar, and can lead to overeating and weight gain. In this workshop, facilitated by a registered dietitian, you will learn how these occasions can affect what you eat and how much you eat. You'll leave with strategies to help prevent overeating.

Topics include:
- How buffets, parties, vacation and holiday eating can affect how much you eat.
- Strategies to reduce overeating when you are away from home and during special occasions.

---

Nutrition Labels: Reading Between the Lines

Sessions
1

Who it’s for
Anyone who would like to learn more about making healthy lifestyle choices to improve their health.

Length
1½ hours

Description
Understanding nutrition labels and how to read them can help you make healthy choices. In this workshop, we will breakdown nutrition labels and help you understand them, so you can feel confident about making healthy choices.

Topics include:
- Learn about label reading and understanding the nutrition facts table
- Better understand nutrient and health claims
- Build skills to help you make the healthiest choice at the grocery store.
**Supervised Exercise Information Session**

**Sessions**
1

**Who it’s for**
Anyone looking to learn more about the Supervised Exercise Program and what to expect.

**Length**
1½ hours

**Description**
Learning what to expect and asking questions can help you feel more comfortable with exercising. In this workshop you will meet the program’s exercise specialist, be able to ask questions and decide if the program is right for you.

---

**Supervised Exercise Program**

**Sessions**
Sessions vary by community. Call 1-877-314-6997 for more information.

**Who it’s for**
For individuals with one or more chronic conditions interested in learning how to exercise safely and experience the health benefits.

**Length**
1-1½ hours

**Description**
Exercise can help you manage chronic conditions and stay healthy. Learning to do it safely will help you prevent injury and stay on track for living healthy.

In this program you will:
- Learn to use equipment safely in a community gym
- Learn how to self-monitor and stay safe while exercising
- Improve your strength, flexibility and endurance
- Have a one-on-one initial assessment (scheduled 1-2 weeks prior to start of the program)
- Participate in exercise classes under the guidance of an exercise specialist
- Have an assessment after completing the program.

---

Workshops are free. To register, call 1-877-314-6997

[ahs.ca/cdmcentralzone](ahs.ca/cdmcentralzone)
Workshops are free. To register, call 1-877-314-6997.