

# Find the right workshop

This tool will help you find other workshops in this guide based on your interests or chronic conditions. For more information, check out the workshop descriptions or visit: [ahs.ca/ahlp](https://ahs.ca/ahlp)

WORKSHOP	CHRONIC PAIN	DIABETES	HEART HEALTH	HEALTHY LIVING	PHYSICAL ACTIVITY	PRE-DIABETES	WEIGHT MGMT.	STRESS
Better Choices Better Health®	•							
Diabetes: Healthy Eating		•						
Diabetes: Meal Planning		•						
Foot Care		•						
Healthy Eating Starts Here				•		•	•	•
Heart Health		•	•	•				
Insulin		•						
Minding Stress: Effectively Reduce and Manage the Stress in Your Life	•	•	•	•	•	•	•	•
Physical Activity and Type 2 Diabetes		•						
Pre-diabetes						•		
Taking Charge: Daily Management of Type 2 Diabetes		•						
Taking Charge: Long Term Management of Type 2 Diabetes		•						
Weight Management Levels 1-3							•	

**Better Choices, Better Health<sup>®</sup>: Chronic Pain Self-Management Program (6 Sessions)**

- ◆ Explore ways to take care of yourself to enjoy a better quality of life
- ◆ Include techniques to control pain (relaxation), tips for talking to your health care team, how to make every day tasks easier, dealing with feelings like fear, anger or frustration

**Minding Stress: Effectively Reduce and Manage the Stress in Your Life (2 Sessions)**

- ◆ Understand the impact of stress and learn steps to build awareness of your stressors
- ◆ Learn practical stress-management skills to create an effective stress management plan

**Diabetes: Healthy Eating**

- ◆ Learn tips to manage your blood sugars through: meal timing, balanced meals, carbohydrate choices and reading food labels

**Physical Activity and Type 2 Diabetes**

- ◆ Learn how being active helps you to manage your diabetes on a daily basis.
- ◆ Explore the different ways you can be active

**Diabetes: Meal Planning**

- ◆ Using the tools from the class Diabetes: Healthy Eating, learn how to plan meals using Plan, Purchase, Prepare and Pack;
- ◆ Practice meal planning in class
- ◆ Learn tips to make recipes healthier and how to make better choices when dining out

**Pre-diabetes**

- ◆ Learn how to lower your risk for Type 2 Diabetes through healthy eating, exercise and weight management

**Foot Care**

- ◆ Learn how to care for your feet using the INSPECT, PROTECT, PREVENT and CONSULT method
- ◆ Learn to identify and deal with foot problems associated with diabetes

**Taking Charge: Daily Management of Type 2 Diabetes**

- ◆ Learn about type 2 diabetes and what affects blood sugar
- ◆ Explore the key strategies you can use to control blood glucose levels

**Healthy Eating Starts Here: Steps to a Healthier You**

- ◆ Don't know where to start? This class provides simple tips to get started with health eating
- ◆ Learn about: Canada's Food Guide, label reading, sodium, whole grains, vegetables, and fruit

**Taking Charge: Long Term Management of Type 2 Diabetes**

- ◆ Building upon the information provided in the Daily Management Class, this class focuses on specific topics of concern and how to plan for them
- ◆ Learn more about diabetes medications, travel, sick day management, driving and potential long term complications

**Heart Health (2 Sessions)**

- ◆ Learn ways to reduce risk for heart disease & stroke. Learn how to recognize and react to warning signs for heart attack & stroke.
- ◆ Learn about fats, sodium, sugar, fibre, label reading and meal planning for a heart healthy diet

**Weight Management Level 1 (3 Sessions)**

- ◆ Learn principles of effective weight management.
- ◆ Learn how to increase your physical activity, manage calories and nutrition and develop healthier habits.

**Insulin for Type 2 Diabetes - Basics**

- ◆ Learn the basics of insulin, how to administer it, when to monitor, insulin safety (including low blood glucose, driving and travelling) and more

**Weight Management Level 2 (3 Sessions)**

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

**Weight Management Level 3 (3 Sessions)**

- ◆ Learn how to manage eating away from home, increase knowledge of how to overcome challenges, maintain positive habit changes, and learn about current medication and surgical treatment options.