

# 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 |
|---|--------------|----------|--------------|----------------|-------------------|--------------|--------------|--------|
| Bariatric Surgery Basics  |              |          |              |                |                   |              | •            |        |
| Better Choices Better Health®   | •            | •        | •            | •              | •                 | •            | •            | •      |
| Diabetes: Healthy Eating  |              | •        |              |                |                   |              |              |        |
| Diabetes: Meal Planning   |              | •        |              |                |                   |              |              |        |
| Foot Care   |              | •        |              |                |                   |              |              |        |
| Getting Started*  |              |          |              |                |                   |              | •            |        |
| Healthy Eating Starts Here  |              |          |              | •              |                   | •            | •            | •      |
| Heart Health  |              | •        | •            | •              |                   |              |              |        |
| Insulin   |              | •        |              |                |                   |              |              |        |
| Lifestyle Change: A Toolkit for Success*                              | •            | •        | •            | •              | •                 | •            | •            | •      |
| Managing Emotional Eating*  |              |          |              | •              |                   |              | •            |        |
| Minding Stress: Effectively Reduce and Manage the Stress in Your Life | •            | •        | •            | •              | •                 | •            | •            | •      |
| Moving Matters: Including Physical Activity in Your Day*              | •            | •        | •            | •              | •                 | •            | •            | •      |
| Nutrition: Eating Away from Home and Special Occasions                |              |          |              | •              |                   |              | •            |        |
| Nutrition: I Know I Should Eat Healthy but How?                       |              |          |              | •              |                   |              | •            |        |
| Nutrition: The Top 5 Tips to Reduce Calories*                         |              |          |              | •              |                   |              | •            |        |
| Nutrition: The Truth About What Works in Weight Management*           |              |          |              | •              |                   |              | •            |        |
| 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                |              | •        |              |                |                   |              |              |        |

Workshops are free. To register, call 780-401-2665 (BOOK)

\*Can be taken as a series

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| <p><b>Bariatric Surgery Basics</b></p> <ul style="list-style-type: none"> <li>◆ Learn general information on bariatric surgery</li> <li>◆ Types of bariatric surgery performed in Alberta (complications, health outcomes, steps for success)</li> </ul>   | <p><b>Minding Stress: Effectively Reduce and Manage the Stress in Your Life (2 Sessions)</b></p> <ul style="list-style-type: none"> <li>◆ Understand the impact of stress and learn steps to build awareness of your stressors</li> <li>◆ Learn practical stress-management skills to create an effective stress management plan</li> </ul>   |
| <p><b>Better Choices, Better Health<sup>®</sup>: Chronic Disease Self-Management Program (6 Sessions)</b></p> <ul style="list-style-type: none"> <li>◆ For individuals living with various long-term health conditions</li> <li>◆ Learn skills to increase confidence in managing your condition</li> </ul>  | <p><b>Moving Matters: Including Physical Activity in Your Day</b></p> <ul style="list-style-type: none"> <li>◆ Learn about different types of physical activity and their benefits</li> <li>◆ Receive tips on how to get more physically active and set your own activity goal</li> </ul>   |
| <p><b>Diabetes: Healthy Eating</b></p> <ul style="list-style-type: none"> <li>◆ Learn tips to manage your blood sugars through: meal timing, balanced meals, carbohydrate choices and reading food labels</li> </ul>   | <p><b>Nutrition: Eating Away From Home and Special Occasions</b></p> <ul style="list-style-type: none"> <li>◆ Learn how eating away from home affects weight management</li> <li>◆ Develop a plan to manage calories when dining out</li> </ul>   |
| <p><b>Diabetes: Meal Planning</b></p> <ul style="list-style-type: none"> <li>◆ Using the tools from the class Diabetes: Healthy Eating, learn how to plan meals using Plan, Purchase, Prepare and Pack;</li> <li>◆ Practice meal planning in class</li> <li>◆ Learn tips to make recipes healthier and how to make better choices when dining out</li> </ul> | <p><b>Nutrition: I Know I Should Eat Healthy, But How?</b></p> <ul style="list-style-type: none"> <li>◆ Learn meal planning tips through using Plan, Purchase, Prepare and Pack</li> <li>◆ Practice meal planning in class</li> </ul>   |
| <p><b>Foot Care</b></p> <ul style="list-style-type: none"> <li>◆ Learn how to care for your feet using the INSPECT, PROTECT, PREVENT and CONSULT method</li> <li>◆ Learn to identify and deal with foot problems associated with diabetes</li> </ul>   | <p><b>Nutrition: The Top 5 Tips to Reduce Calories</b></p> <ul style="list-style-type: none"> <li>◆ Learn about the Top 5 Tips and how to use them to reduce calories for weight management</li> </ul>  |
| <p><b>Getting Started: Planning for Success</b></p> <ul style="list-style-type: none"> <li>◆ Learn how weight affects our health and strategies to get started with weight management</li> <li>◆ Learn about treatment options for weight management</li> </ul>  | <p><b>Nutrition: The Truth About What Works in Weight Management</b></p> <ul style="list-style-type: none"> <li>◆ Learn how meal patterns, food choices and portions affect weight management</li> </ul>  |
| <p><b>Healthy Eating Starts Here: Steps to a Healthier You</b></p> <ul style="list-style-type: none"> <li>◆ Don't know where to start? This class provides simple tips to get started with health eating</li> <li>◆ Learn about: Canada's Food Guide, label reading, sodium, whole grains, vegetables, and fruit</li> </ul>                                  | <p><b>Physical Activity and Type 2 Diabetes</b></p> <ul style="list-style-type: none"> <li>◆ Learn how being active helps you to manage your diabetes on a daily basis.</li> <li>◆ Explore the different ways you can be active</li> </ul>  |
| <p><b>Heart Health (2 Sessions)</b></p> <ul style="list-style-type: none"> <li>◆ Learn ways to reduce risk for heart disease &amp; stroke. Learn how to recognize and react to warning signs for heart attack &amp; stroke.</li> <li>◆ Learn about fats, sodium, sugar, fibre, label reading and meal planning for a heart healthy diet</li> </ul>           | <p><b>Pre-diabetes</b></p> <ul style="list-style-type: none"> <li>◆ Learn how to lower your risk for Type 2 Diabetes through healthy eating, exercise and weight management</li> </ul>  |
| <p><b>Insulin for Type 2 Diabetes - Basics</b></p> <ul style="list-style-type: none"> <li>◆ Learn the basics of insulin, how to administer it, when to monitor, insulin safety (including low blood glucose, driving and travelling) and more</li> </ul>   | <p><b>Taking Charge: Daily Management of Type 2 Diabetes</b></p> <ul style="list-style-type: none"> <li>◆ Learn about type 2 diabetes and what affects blood sugar</li> <li>◆ Explore the key strategies you can use to control blood glucose levels</li> </ul>   |
| <p><b>Lifestyle Change: A Toolkit for Success</b></p> <ul style="list-style-type: none"> <li>◆ Learn how to apply the change process for making healthy, sustainable lifestyle changes</li> <li>◆ Strategies such as decision making, goal setting, problem solving and trapping negative thoughts will be discussed</li> </ul>                              | <p><b>Taking Charge: Long Term Management of Type 2 Diabetes</b></p> <ul style="list-style-type: none"> <li>◆ Building upon the information provided in the Daily Management Class, this class focuses on specific topics of concern and how to plan for them</li> <li>◆ Learn more about diabetes medications, travel, sick day management, driving and potential long term complications</li> </ul> |
| <p><b>Managing Emotional Eating (3 Sessions)</b></p> <ul style="list-style-type: none"> <li>◆ Learn about what influences eating behaviors</li> <li>◆ Build skills and learn tools to help manage emotional eating</li> </ul>  |   |