

# Education and Skills to support your health and your life

Please look through all the workshops here (for adults and caregivers too), which would support you?



## NOTES:

- Most patients and community members want online courses, but we want to assist all of you. Please call using the phone numbers below if you have other needs.
- In-person workshops are offered for some programs at various sites. Visit the section for the program for details.



- For Diabetes support or about workshops, please contact:  
[Community Diabetes Team](#) at [825-404-7460](tel:825-404-7460) (line 1)
- Weight Management workshops or support, please contact:  
[Weight Management Team](#) at [825-404-7460](tel:825-404-7460) (line 2)
- For further information about Stress Management, Better Choices, Better Health<sup>®</sup> and any questions about self-management workshops and supports for all other chronic illnesses, please contact:

[Self-Management Support](#) at [825-404-7460](tel:825-404-7460) (line 3).



Current workshop topics include:	Page
• Better Choices, Better Health® (BCBH) Workshops .....	3-5
• Diabetes: Taking Charge: Daily Management .....	6
• Diabetes: Taking Charge: Long Term Management .....	7
• Diabetes: Foot Care .....	7
• Diabetes: Healthy Eating .....	8
• Diabetes: Meal Planning .....	9
• Diabetes: Carbohydrate Counting .....	9
• Preventing Diabetes: Pre-Diabetes .....	10
• Weight Management Workshops (3 Levels of three workshops each)	
Weight Management Level 1 .....	11
Weight Management Level 2 .....	12
Weight Management Level 3 .....	12
• Minding Stress Workshop Series.....	13
• Boosting Your Brain Health .....	14
• S.T.E.P. Supervised Transitional Exercise Program.....	15
• Pelvic Health Physiotherapy Webinars .....	16

## **Better Choices, Better Health (BCBH) ® Workshop Series**

### **Chronic Disease**

**Length     2.5 Hours - 6 week series**

#### **To Register or for more information:**

Call 825-404-7460 press 3, or register [online](https://redcap.link/chronicdisease) at  
<https://redcap.link/chronicdisease>

Better Choices, Better Health® is a peer-led series for adults who live with chronic (long-term) health conditions, such as Diabetes, Lung diseases (e.g. Asthma), Osteoporosis, and also many others such as heart, chronic fatigue, mental health conditions.

Support persons are welcome to join. Group members meet each week for 2.5 hours, either online or in person.

At the workshop, you will learn how to manage daily challenges with having a chronic condition.

- Ways to manage your condition
- How to avoid falls and improve balance
- Tips for healthy eating
- Ways to exercise and be active
- Talking about depression

Session Dates	Days	Time	Location
February 4, 11, 18, 25, March 4, 11	Tuesday eve	6:00 pm to 8:30 pm	Zoom
February 5, 12, 19, 26, March 5, 12	Wednesday am	10:00 pm to 12:00 noon	Zoom

....See next page for more - BCBH ® Chronic Pain Series!

## Better Choices, Better Health (BCBH) ® Workshop Series

### Chronic Pain

Length 2.5 Hours - 6 week series

To Register call: 825-404-7460 press 3 or [online](https://redcap.link/chronicpain) at <https://redcap.link/chronicpain>

Better Choices, Better Health® is a peer led series for adults who live with chronic (long-term) pain/or mental health conditions such as fibromyalgia, arthritis, migraines and others. Support persons are welcome to join. Group members meet each week for 2.5 hours, either online or in person.

At the workshop, you will learn how to manage daily challenges with having chronic pain.

- Ways to manage your pain
- Tips for healthy eating and being more active
- How to talk with your health care team
- How to deal with emotions with chronic pain
- Ways to make everyday tasks easier for you
- Living a better quality of life

Session Dates	Days	Time	Location
January 9, 16, 23, 30, February 6, 13	Thursday	6:00 pm to 8:30 pm	Zoom
January 28, February 4, 11, 18, 25, March 4	Tuesday	10:00 am to 12:30 pm	Zoom
February 12, 19, 26, March 5, 12, 19	Wednesday	1:00 pm to 3:30 pm	Zoom
February 20, 27, March 6, 13, 20, 27	Thursday	6:00 pm to 8:30 pm	Zoom
March 4, 11, 18, 25, April 1, 8	Tuesday	9:30 am to 12:00 pm	EEHC*
March 12, 19, 26, April 2, 9, 16	Wednesday	6:00 pm to 8:30 pm	Zoom
March 20, 27, April 3, 10, 17, 24	Thursday	1:30 pm to 4:00 pm	Zoom

\*IN PERSON SESSION at East Edmonton Health Centre (EEHC)  
(Cromdale Building) at 11240-79 st. in North East Edmonton area  
See email sent to you a few days ahead for site and room details.

**Better Choices, Better Health (BCBH) ® Workshop Series**  
**Chronic Pain (Weight Management)**

**Length      2.5 Hours - 6 week series**

To Register call: 825-404-7460 press 3 or [online](https://redcap.link/chronicpainWM) at <https://redcap.link/chronicpainWM>

Learn lifelong skills to manage your chronic pain while also dealing with obesity or overweight, through our 6-week Better Choices, Better Health ® specialized workshop. You will learn how to manage daily challenges with weight management and having chronic pain.

- Tips for healthy eating and being more active
- How to talk with your health care team
- Supportive group setting
- Ways to manage your pain
- How to deal with emotions with chronic pain
- Ways to make everyday tasks easier for you
- Living a better quality of life

Session Dates	Days	Time	Location
January 14, 21, 28, February 4, 11, 18	Tuesday EVE	6:00 pm to 8:30 pm	Zoom



# Diabetes Workshops

## Taking Charge: Daily Management

Length 2.5 Hours

### Description

This person-centered workshop shares information and resources to support self-management of Diabetes. All adults with Diabetes and Caregivers and Support Persons are welcome.

- Provides an overview of what is happening in the body with Type 2 Diabetes
- Explores common emotions experienced when managing Diabetes.
- Introduces a Diabetes Self Management plan including healthy eating, physical activity, medications, health checks, etc.
- Identifies *Diabetes Canada* blood sugar targets for fasting blood sugar, post meal blood sugar, & Hemoglobin A1C (HgA1C) measures.
- Identifies your Diabetes support team and a number of practical tools to support your health and wellness goals.

Session Dates	Days Time Location	Time	Location
January 7	Tuesday EVE	6:00 pm to 8:30 pm	Zoom
January 11	Saturday am	9:00 am to 11:30 am	Zoom
January 15	Wednesday am	9:00 am to 11:30 am	Zoom
January 23	Thursday aft	1:30 pm to 4:00 pm	Zoom
January 30	Thursday EVE	6:00 pm to 8:30 pm	EEHC*
February 4	Tuesday EVE	6:00 pm to 8:30 pm	Zoom
February 19	Wednesday am	9:00 am to 11:30 am	Zoom
February 22	Saturday aft	1:30 pm to 4:00 pm	Zoom
February 25	Tuesday aft	1:30 pm to 4:00 pm	Zoom
February 27	Thursday EVE	6:00 pm to 8:30 pm	EEHC*
March 11	Tuesday EVE	6:00 pm to 8:30 pm	Zoom
March 15	Saturday aft	1:30 pm to 4:00 pm	Zoom
March 25	Wednesday aft	1:30 pm to 4:00 pm	EEHC*

\*IN PERSON SESSION at East Edmonton Health Centre (EEHC)  
(Cromdale Building) at 11240-79 st. in North East Edmonton area  
See email sent to you a few days ahead for site and room details.

# Diabetes Workshops

## Taking Charge: Long Term Management Length 2.5 Hours

*\*Please complete Taking Charge: Daily before Taking Charge: Long Term*

### Description

- Review of a Diabetes self-management plan for managing diabetes: healthy eating, physical activity, medications, health checks, etc.
- Type 2 Diabetes: Blood glucose (BG) measures and monitoring, medications commonly prescribed for Diabetes, and how they help with BG.
- Sick day management: Tips to stay safe when sick or dehydrated (low intake of fluid) with Diabetes.
- Health Checks: Why health checks are important in Type 2 Diabetes management, and knowing what important things to look for, and how to look for them, to prevent serious Diabetes complications.

All adults with Diabetes and Caregivers and Support Persons are welcome.

Session Dates	Days	Time	Location
January 21	Tuesday AM	9:00 am to 11:30 am	Zoom
February 6	Thursday EVE	6:00 pm to 8:30 pm	Zoom
March 1	Saturday AM	9:00 am to 11:30 am	Zoom
March 13	Thursday EVE	6:00 pm to 8:30 pm	Zoom

## Foot Care

**Length 2.5 Hours**

### Description

- Learn how to care for your feet using the INSPECT, PROTECT, PREVENT and CONSULT method.
- Learn how and why it is important to prevent, identify and deal with foot problems from Diabetes.

All adults with Diabetes and Caregivers and Support Persons are welcome.

Session Dates	Days	Time	Location
January 9	Thursday EVE	6:00 pm to 8:30 pm	Zoom
February 11	Tuesday EVE	6:00 pm to 8:30 pm	Zoom
March 20	Thursday EVE	6:00 pm to 8:39 pm	Zoom

## Diabetes: Healthy Eating

Length 2 Hours

### Description

This workshop introduces the **foundation of healthy eating for Diabetes**.

Join a Registered Dietitian to have up to date knowledge about food and Diabetes. We look at what are carbohydrates, meal timing and spacing, balanced meals and portions, healthy snacks, as well as the importance of fiber and choosing healthy fats.

All adults with Diabetes and support persons and caregivers are welcome.

Session Dates	Days	Time	Location
January 9	Thursday am	9:00 am to 11:00 am	Zoom
January 14	Tuesday EVE	6:30 pm to 8:30 pm	EEHC*
January 18	Saturday aft	1:30 pm to 3:30 pm	Zoom
January 29	Wednesday aft	1:30 pm to 3:30 pm	Zoom
February 8	Saturday aft	1:30 pm to 3:30 pm	Zoom
February 20	Thursday EVE	6:30 pm to 8:30 pm	EEHC*
March 5	Wednesday am	9:00 am to 11:00 am	Zoom
March 15	Saturday am	9:00 am to 11:00 am	Zoom
March 18	Tuesday EVE	6:30 pm to 8:30 pm	EEHC*

\*IN PERSON SESSION at East Edmonton Health Centre (EEHC)  
(Cromdale Building) at 11240-79 st. in North East Edmonton area  
See email sent to you a few days ahead for site and room details.



## Diabetes: Meal Planning

**Length** 2 Hours

### Description

- The workshop is for skill building with healthy eating for Diabetes and adding ideal healthy eating strategies into daily life. We highly recommend that you take the Healthy Eating session first, however is not required.

All adults with Diabetes and support persons and caregivers are welcome.

Session Dates	Days	Time	Location
January 8	Wednesday EVE	6:30 pm to 8:30 pm	Zoom
February 1	Saturday aft	1:30 pm to 3:30 pm	Zoom
February 18	Tuesday am	9:00 am to 11:00 am	Zoom
March 13	Thursday aft	1:30 pm to 3:30 pm	Zoom

## Diabetes: Carbohydrate Counting

**Length** 2 Hours

### Description

This workshop builds on healthy eating strategies you learned about in Healthy Eating Basics for Diabetes. You will learn:

- the carbohydrate content of various foods
- How many grams of carbohydrate to eat at meals and snacks
- and how to add up those foods to create meals
- how to read labels to know the carbohydrate content in foods

All adults with Diabetes and support persons and caregivers are welcome.

Session Dates	Days	Time	Location
January 22	Wednesday aft	1:30 pm to 3:30 pm	Zoom
February 4	Tuesday EVE	6:30 pm to 8:30 pm	Zoom
March 1	Saturday am	9:00 am to 11:00 am	Zoom
March 20	Thursday aft	1:30 pm to 3:30 pm	Zoom

## Pre-Diabetes

**Length** 2 Hours

### Description

In this workshop you will learn all the ways anyone can lower your risk for Type 2 Diabetes through healthy eating, exercise and weight management.

All adults concerned about or facing the risk of Diabetes, and caregivers and support persons, are welcome.

Session Dates	Days	Time	Location
January 11	Saturday aft	1:30 pm to 3:30 pm	Zoom
January 30	Thursday am	9:00 am to 11:00 am	Zoom
March 4	Tuesday EVE	6:30 pm to 8:30 pm	Zoom
March 29	Saturday aft	1:30 pm to 3:30 pm	Zoom

## Weight Management Workshops

This program is three “Levels”- and in each Level there are three workshops a week apart:

- Level 1 (3 session series)
- Level 2 (3 session series– Take Level One first please)
- Level 3 (3 session series- Level One and Two first please)

When you register for a level it is for all 3 dates for that series.

### Weight Management Level 1 (3 Session Series)

**Length** 2.5 Hours

#### Description

- Learn principles of effective weight management
- Learn how to increase your physical activity, manage calories and nutrition

Session Dates	Days	Time	Location
January 15, 22, 29	Wednesday EVE	6:00 pm to 8:30 pm	Zoom
January 23, 30, February 6	Thursday aft	1:30 pm to 4:00 pm	Zoom
January 28, February 4, 11	Tuesday aft	1:30 pm to 4:00 pm	Zoom
February 1, 8, 22	Saturday am	9:00 am to 11:30 am	Zoom
February 5, 12, 19	Wednesday EVE	6:00 pm to 8:30 pm	Zoom
March 26, April 2, 9	Wednesday EVE	6:00 pm to 8:30 pm	Zoom

## **Weight Management Level 2 (3 Session Series)**

**Length** 2.5 Hours

### **Description**

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

When you register for a level it is for all 3 dates for that series.

<b>Session Dates</b>	<b>Days</b>	<b>Time</b>	<b>Location</b>
January 8, 15, 22	Wednesday EVE	6:00 pm to 8:30 pm	Zoom
February 12, 19, 26	Wednesday EVE	6:00 pm to 8:30 pm	Zoom
February 20, 27, March 6	Thursday aft	1:30 pm to 4:00 pm	Zoom
February 25, March 4, 11	Tuesday aft	1:30 pm to 4:00 pm	Zoom
March 8, 15, 22	Saturday am	9:00 am to 11:30 am	Zoom
March 12, 19, 26	Wednesday EVE	6:00 pm to 8:30 pm	Zoom

## **Weight Management Level 3 (3 Session Series)**

**Length** 2.5 Hours

### **Description**

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

When you register for a level it is for all 3 dates for that series.

<b>Session Dates</b>	<b>Days</b>	<b>Time</b>	<b>Location</b>
January 11, 18, 25	Saturday am	9:00 am to 11:30 am	Zoom
January 29, February 5, 12	Wednesday EVE	6:00 pm to 8:30 pm	Zoom
March 5, 12, 19	Wednesday EVE	6:00 pm to 8:30 pm	Zoom
March 13, 20, 27	Thursday aft	1:30 pm to 4:00 pm	Zoom
March 18, 25, April 1	Tuesday aft	1:30 pm to 4:00 pm	Zoom
March 29, April 5, 12	Saturday am	9:00 am to 11:30 am	Zoom

# Minding Stress Workshops

## Minding Stress (3 Sessions)

**Length** 2.5 Hours (and you will register for all three workshops a week apart)

To Register call: 825-404-7460 press 3 or [online](https://redcap.link/mindingstress) at <https://redcap.link/mindingstress>

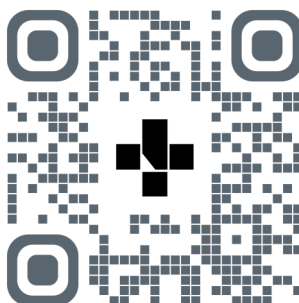
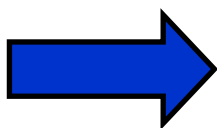
### Description

- 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
- For any adult or caregiver of adults with any chronic illness
- For any adult interested in stress management skills

All community members over 18 and over are welcome.

Session Dates	Days	Time	Location
January 9, 16 & 23	Thursday aft	1:30 pm to 4:00 pm	Zoom
February 12, 19 & 26	Wednesday am	9:30 am to 12:00 pm	Zoom
March 4, 11 & 18	Tuesday aft	1:30 pm to 4:00 pm	Zoom
May 9, 16 & 23	Friday aft	1:30 pm to 4:00 pm	Whitemud Crossing Library

Scan with phone to register online



## Boosting Your Brain Health

### Description

**Length** 2.5 Hours—4 weeks

This 4-week series of workshops help motivated adults take action on improving their brain health.

### Learn about:

- How your brain changes from your lifestyle choices and health conditions.
- New ways to improve your brain health.
- How to set goals for day-to-day life that can benefit your brain health.

### How do I take part?

- To register, see the contact details below.
- AHS workshops are no-cost, however, some sites charge a fee for space use.

### Upcoming Sessions

Session Dates	Days	Time	Location
January 21-February 11	Tuesday aft	1:00 pm to 3:30 pm	TBD
February 20-March 13	Thursday am	9:30 am to 12:00 pm	TBD
March 27-April 17	Thursday am	9:30 am to 12:00 pm	Zoom
April 21-May 12	Tuesday am	9:30 am to 12:00 pm	South West Edm Seniors Association

## Registration or Questions?

**Call 780-342-8302**



## **S.T.E.P. Forward - Supervised Transitional Exercise Program**

**8-10 weeks long    1 –2 hours per week**

### **Description:**

This supervised exercise program is for people with chronic illnesses who are ready to improve their physical status and overall wellness.

You will learn ways to move safely and more confidently in your home and community.

- Beginner to intermediate level, for people with chronic health conditions
- In-person and virtual options
- Small group setting, led by kinesiologist
- Built-in education components such as safe movement, goal setting and benefits of exercise

To be considered for the S.T.E.P. Forward program, you must:

- Be at least 18 years of age
- Be available during the day for a telephone interview/eligibility screening
- Have a current Alberta Healthcare (AHCIP) number
- Be able to follow three-step instructions
- Be able to participate in a group exercise environment (in-person or online via Zoom)
- Walk independently (with or without the use of walking aids)
- Participate in an intake assessment to determine program suitability

Classes are held at community sites in Edmonton, St. Albert and Sherwood Park.

STEP Sessions

Winter

Spring

Summer

Fall

Target Times

January - March

April - June

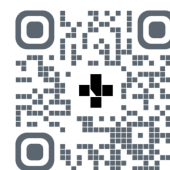
July - September

October - December

**To Register or for more information:**

**Call 780-735-3483**

For this whole calendar on line, scan here



# Pelvic Health Physiotherapy Webinars

## What is being offered?

Alberta Health Services is providing online webinars about pelvic health. These online sessions will be hosted via Zoom and will be provided by AHS Pelvic Health Physiotherapists.

## Webinar Details

### Female Urinary Incontinence

Do you find yourself rushing to get to the bathroom and sometimes not make it there on time? Do you avoid activities like jumping and running because your bladder may leak? If yes, this webinar may be for you!

This webinar is open to individuals of all ages with a focus on female pelvic anatomy. You will learn about the various types of urinary incontinence including common symptoms, contributing factors and simple strategies to help you manage your symptoms. Our presenters will also review basic exercises you can try at home to improve your symptoms over time.

### Recovery After Baby

Have you recently delivered a baby? Have you noticed changes in your body since having a child (e.g. pelvic pain, difficulty going to the bathroom, urine leakage, etc.)? This webinar may be for you!

This webinar is open to individuals who are currently pregnant or those who have already delivered a child. The presenters will review common body changes that occur during and after pregnancy as well as basic tips to help you recover after baby.

## How do I register?

To register for a session, please scan the associated QR code or visit the link below.

<https://redcap.link/FemaleUrinaryIncontinence>

<https://redcap.link/RecoveryAfterBaby>

