

# Education and Skills to support your health and your life

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

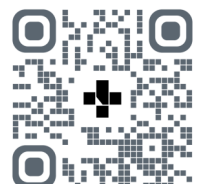


## NOTES:



- 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 (Hotline 9-4) or about workshops, please contact:  
[Community Diabetes Team](#) at [825-404-7460 \(line 1\)](#)
- Weight Management workshops or support, please contact:  
[Weight Management Team](#) at [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 \(line 3\)](#).





## Self-Management Workshop Titles Page

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## **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 conditions of the 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 injuries and improve balance
- Tips for healthy eating
- Ways to exercise and be active
- Talking about depression

Session Dates	Days	Time	Location
June 5, 12, 19, 26, July 3, 10			
*only for those dealing with Long Covid, Multiple Sclerosis & Chronic Fatigue Syndrome	Thursday am	10:00 am to 12:00 noon	Zoom
September 10, 17, 24, October 1, 8, 15	Wednesday eve	6:00 pm to 8:30 pm	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
May 6, 13, 20, 27, June 3, 10	Tuesday aft	1:00 - 3:30 pm	Zoom
May 15, 22, 29, June 5, 12, 19	Thursday eve	6:00 - 8:30 pm	Zoom
May 26, June 2, 9, 16, 23, 30	Monday eve	6:00 - 8:30 pm	Whitemud crossing library
June 3, 10, 17, 24, July 8, 15	Tuesday aft	1:30 - 4:00 pm	Zoom
June 12, 19, 26, July 3, 10, 17	Thursday eve	6:00 - 8:30 pm	Zoom

To Register for May 26-June 30 workshop at Whitemud library click on link below:

[Better Choices, Better Health: Chronic Pain Self-Management | Events | Edmonton Public Library](#)

**Better Choices, Better Health (BCBH) ® Workshop Series**  
**Chronic Pain** (only for those having Weight Management needs)

**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
May 21, 28, June 4, 11, 18, 25	Wednesday EVE	6:00 pm to 8:30 pm	Zoom



# Diabetes Self–Management Workshops

## Taking Charge Daily

Length 2.5 Hours

This person-centered workshop delivered by Registered Nurses gives an overview of what is happening in the body with Type 2 Diabetes, and information and resources for success in self-management of Diabetes.

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

- 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

Session Dates	Day	Time	Location
April 1	Tuesday am	9:00 - 11:30 am	Zoom
April 5	Saturday am	9:00 - 11:30 am	Zoom
April 10	Thursday am	9:00 - 11:30 am	EEHC*
April 15	Tuesday aft	1:30 - 4:00 pm	Zoom
April 26	Saturday aft	1:30 - 4:00 pm	Zoom
May 1	Thursday am	9:00 - 11:30 am	Zoom
May 10	Saturday pm	1:30 - 4:00 pm	Zoom
May 14	Wednesday aft	1:30 - 4:00 pm	EEHC*
May 29	Thursday EVE	6:00 - 8:30 pm	Zoom
June 5	Thursday EVE	6:00 - 8:30 pm	EEHC*
June 12	Thursday aft	1:30 - 4:00 pm	Zoom
June 18	Wednesday am	9:00 - 11:30 am	Zoom
June 24	Tuesday aft	1:30 - 4:00 pm	Zoom
June 28	Saturday am	9:00 - 11:30 am	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.

## Diabetes: Healthy Eating

Length 2 Hours

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, explore meal timing and spacing, discuss balanced meals and portions, healthy snacks, as well as show the importance of fiber and choosing healthy fats.

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

Session Dates	Days	Time	Location
April 3	Thursday am	9:00 - 11:00 am	Zoom
April 8	Tuesday eve	6:30 - 8:30 pm	EEHC*
April 12	Saturday aft	1:30 - 3:30 pm	Zoom
Apr 23	Wednesday aft	1:30 - 3:30 pm	Zoom
May 10	Saturday am	9:00 - 11:00 am	Zoom
May 15	Thursday eve	6:30 - 8:30 pm	EEHC*
May 29	Thursday am	9:00 - 11:00 am	Zoom
June 7	Saturday aft	1:30 - 3:30 pm	Zoom
June 10	Tuesday aft	1:30 - 3:30 pm	EEHC*
June 26	Thursday am	9:00 - 11:00 am	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.

## Diabetes: Meal Planning

**Length** 2 Hours

This 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
April 2	Wednesday eve	6:30 - 8:30 pm	Zoom
Apr 26	Saturday am	9:00 - 11:00 am	Zoom
May13	Tuesday am	9:00 - 11:00 am	Zoom
June 6	Friday am	9:00 - 11:00 am	Zoom
June 25	Wednesday eve	6:30 - 8:30 pm	Zoom

## Diabetes: Carbohydrate Counting

**Length** 2 Hours

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
- 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
April 16	Wednesday aft	1:30 - 3:30 pm	Zoom
Apr 29	Tuesday eve	6:30 - 8:30 pm	Zoom
May 24	Saturday am	9:00 - 11:00 am	Zoom
June 13	Friday am	9:00 - 11:00 am	Zoom



# Diabetes Self-Management Workshops

## Foot Care

**Length** 2.5 Hours

For all persons with Diabetes, and their caregivers and support persons.

Facilitated by a Registered Nurse, learners will:

- 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.

Session Dates	Days	Time	Location
April 10	Thursday eve	6:00 - 8:30 pm	Zoom
May 14	Wednesday eve	6:00 - 8:30 pm	Zoom
May 24	Saturday aft	1:30 - 4:00 pm	Zoom
June 3	Tuesday eve	6:00 - 8:30 pm	Zoom
June 26	Thursday pm	1:30 - 4:00 pm	Zoom

## Taking Charge Long Term

**Length** 2.5 Hours

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

Facilitated by a Registered Nurse, learners will:

- Review the Diabetes self-management plan: healthy eating, physical activity, medications, health checks, etc.
- Help with Blood glucose (BG) Management in Type 2 Diabetes: (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
April 8	Tuesday aft	1:30 - 4:00 pm	Zoom
April 16	Wednesday eve	6:00 - 8:30 pm	Zoom
Apr 23	Wednesday am	9:00 - 11:30 am	Zoom
May 6	Tuesday eve	6:00 - 8:30 pm	Zoom
May 21	Tuesday am	9:00 - 11:30 am	Zoom
June 7	Saturday am	9:00 - 11:30 am	Zoom
June 17	Tuesday eve	6:00 - 8:30 pm	Zoom

## Pre-Diabetes

Length 2 Hours

### Diabetes Prevention

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
Apr 24	Thursday am	9:00 am to 11:00 am	Zoom
May 27	Tuesday EVE	6:30 pm to 8:30 pm	Zoom
June 21	Saturday aft	1:30 pm to 3:30 pm	Zoom

## Weight Management Workshops

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

- Level 1 (3 session series)
- Level 2 (3 session series - Take Level One first please)
- Level 3 (3 session series - Take 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
April 3, 10 & 17	Thursday aft	1:30 - 4:00 pm	Zoom
April 16, 23 & 30	Wednesday eve	6:00 - 8:30 pm	Zoom
April 26, May 3 & 10	Saturday am	9:00 - 11:30 am	Zoom
May 21, 28 & June 4	Wednesday eve	6:00 - 8:30 pm	Zoom
June 11, 18 & 25	Wednesday eve	6:00 - 8:30 pm	Zoom
June 19, 26 & July 3	Thursday aft	1:30 - 4:00 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.

Session Dates	Days	Time	Location
April 23, 30 & May 7	Wednesday eve	6:00 - 8:30 pm	Zoom
May 1, 8 & 15	Thursday aft	1:30 - 4:00 pm	Zoom
May 7, 14 & 21	Wednesday eve	6:00 - 8:30 pm	Zoom
May 24, 31 & June 7	Saturday am	9:00 - 11:30 am	Zoom
June 4, 11 & 18	Wednesday eve	6:00 - 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.

Session Dates	Days	Time	Location
April 16, 23 & 30	Wednesday eve	6:00 - 8:30 pm	Zoom
May 21, 28 & June 4	Wednesday eve	6:00 - 8:30 pm	Zoom
May 29, June 5 & 12	Thursday aft	1:30 - 4:00 pm	Zoom
June 14, 21 & 28	Saturday am	9:00 - 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> or scan the code below

### 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.

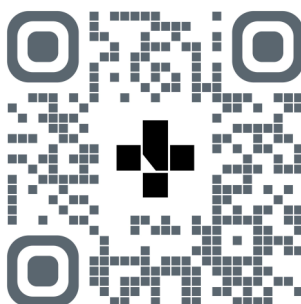
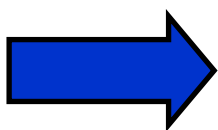
Session Dates	Days	Time	Location
April 28, May 5, 12	Monday eve	6:00 pm to 8:30 pm	Whitemud Crossing Library
May 9, 16, 23	Friday aft	1:30 pm to 4:00 pm	
June 10, 17, 24	Tuesday pm	1:30 pm to 4:00 pm	
June 12, 19, 26	Thursday am	9:30 am to 12:00 pm	

**\*IN PERSON SESSION** at Whitemud Crossing Edmonton Public Library

4211 106 St Unit 145

[Life Skills: Minding Stress - Reduce and Manage the Stress in Your Life | Events | Edmonton Public 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
March 27-April 17	Every Thursday am	9:30 am to 12:00 pm	Zoom
April 21-May 12	Every Tuesday am	9:30 am to 12:00 pm	South West Edm Seniors Association
TBA			

## For 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**

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

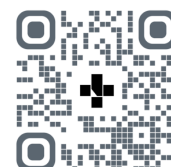
Classes are held at community sites in Edmonton, St. Albert and Sherwood Park.

<b>STEP Sessions</b>	<b>Offered Times</b>
Spring	April - June
Summer	July - September
Fall	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>

