

Edmonton Zone — September to December 2023

Education to support your health and your life

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

NOTE:

Due to high demand we continue to offer our workshops live online.



In-person workshops are offered at the East Edmonton Health Centre for:

Diabetes: *Taking Charge Daily Management* and *Healthy Eating*

Boosting your Brain Health and the **S.T.E.P. Forward** programs: see information on how to register for the last two pages.

Some workshops have specific information on how to register. For all others:

- For Diabetes workshops, please contact:
[Community Diabetes Team](#) at 825-404-7460 or 1-866-735-1051 (choose 1).
- Weight Management (Adult) workshops, please contact:
[Weight Management Team](#) at 825-404-7460 or 1-866-735-1051 (choose 2).
- For further information about Stress Management, Better Choices, Better Health ® and self-management supports for chronic illnesses, please contact:
[Self-Management Support](#) at 825-404-7460 or 1-866-735-1051 (choose 3).



Better Choices, Better Health (BCBH)® Workshops

Description

These workshops will help you discover changes and strategies to help you live healthier. You explore ways nutrition, physical activity and stress affect your life, and what you can do about them when living with ongoing health concerns.

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

BCBH® Chronic Disease

Length 2.5 Hours—6 week series

Description

- For adults living with, or supporting someone, with a chronic health condition

Session Dates	Days	Time	Location
September 26, October 3, 10, 17, 24, 31	Tuesday	9:30 am to 12:00 pm	Zoom

BCBH® Chronic Pain

Length 2.5 Hours—6 week series

Description

- For those adults living with, or supporting someone, with chronic pain
- Must be able attend the series of 6 workshops

Session Dates	Days	Time	Location
September 26, October 3, 10, 17, 24, 31	Tuesday	9:30 am to 12:00 pm	Zoom
October 18, 25, November 1, 8, 15, 22	Wednesdays	6:00 pm – 8:30pm	Zoom
November 7, 14, 21, 28, December 5, 12	Tuesdays	9:30am-12:00pm	Zoom
November 9, 16, 23, 30, December 7, 14	Thursdays	1:30pm – 4:00pm	Zoom



Diabetes Workshops

Taking Charge: Daily Management

Length 2.5 Hours

**Please attend Taking Charge: Daily Management before Taking Charge: Long Term Management*

Description

This person-centered session shares information and resources to support self-management of Diabetes. Caregivers and Support Persons are also welcome.

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

Session Dates	Days	Time	Location
September 6	Wednesday	6:00 pm to 8:30 pm	Zoom
September 16	Saturday	9:00 am to 11:30 am	Zoom
September 19	Tuesday	6:00 pm to 8:30 pm	In Person EEHC
September 21	Thursday	9:00 am to 11:30 am	Zoom
September 27	Wednesday	1:30 pm to 4:00 pm	In Person EEHC
October 12	Thursday	6:00 pm to 8:30 pm	Zoom
October 24	Tuesday	1:30 pm to 4:00 pm	In Person EEHC
November 15	Wednesday	6:00 pm to 8:30 pm	Zoom
November 18	Saturday	9:00 am to 11:30 am	In Person EEHC
November 23	Thursday	9:00 am to 11:30 am	Zoom
December 6	Wednesday	6:00 pm to 8:30 pm	Zoom
December 9	Saturday	9:00 am to 11:30 am	Zoom
December 14	Thursday	1:30 pm to 4:00 pm	Zoom

*EEHC - East Edmonton Health Centre at 7910-112 Ave. See email sent a few days ahead for which one of the two buildings and which room it is in.

Diabetes Workshops

Taking Charge: Long Term Management Length 2.5 Hours

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 are welcome.

Session Dates	Days	Time	Location
September 7	Thursday	1:30 pm to 4:00 pm	Zoom
September 16	Saturday	1:30 pm to 4:00 pm	Zoom
October 18	Wednesday	9:00 am to 11:30 am	Zoom
October 28	Saturday	9:00 am to 11:30 am	Zoom
November 16	Thursday	6:00 pm to 8:30 pm	Zoom
November 27	Monday	1:30 pm to 4:00 pm	Zoom
December 9	Saturday	1:30 pm to 4:00 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 to prevent, identify and deal with foot problems from Diabetes.

Session Dates	Days	Time	Location
November 2	Thursday	1:30 pm to 4:00 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 caregivers are welcome.

Session Dates	Days	Time	Location
September 9	Saturday	9:00 am to 11:00 am	Zoom
September 20	Wednesday	9:00 am to 11:00 am	Zoom
October 5	Thursday	6:30 pm to 8:30 pm	Zoom
October 16	Monday	6:30 pm to 8:30 pm	In-Person EEHC*
October 21	Saturday	9:00 am to 11:00 am	Zoom
November 7	Tuesday	1:30 pm to 3:30 pm	Zoom
November 16	Thursday	1:30 pm to 3:30 pm	In-Person EEHC*
November 25	Saturday	9:00 am to 11:00 am	Zoom
December 9	Saturday	1:30 pm to 3:30 pm	Zoom

*EEHC - East Edmonton Health Centre at 7910-112 Ave. See email sent a few days ahead for which one of the two buildings and which room it is in.

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 caregivers are welcome.

Session Dates	Days	Time	Location
September 19	Tuesday	1:30 pm to 3:30 pm	Zoom
September 21	Thursday	6:30 pm to 8:30 pm	Zoom
October 21	Saturday	1:30 pm to 3:30 pm	Zoom
October 30	Monday	6:30 pm to 8:30 pm	Zoom
November 20	Monday	9:30 pm to 11:30 pm	Zoom
December 5	Tuesday	9:30 pm to 11:30 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 caregivers are welcome.

Session Dates	Days	Time	Location
September 14	Thursday	1:30 pm to 3:30 pm	Zoom
October 4	Wednesday	9:00 am to 11:00 am	Zoom
October 19	Thursday	9:00 am to 11:00 am	Zoom
November 30	Thursday	1:30 pm to 3:30 pm	Zoom
December 9	Saturday	9:00 am to 11:00 am	Zoom

Pre-Diabetes

Length 2 Hours

Description

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

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

Session Dates	Days	Time	Location
September 14	Thursday	9:00 am to 11:00 am	Zoom
October 10	Tuesday	1:30 pm to 3:30 pm	Zoom
November 9	Thursday	9:00 am to 11:00 am	Zoom
November 25	Saturday	1:30 pm to 3:30 pm	Zoom
December 14	Thursday	9:00 am to 11:00 am	Zoom

Weight Management Workshops

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

- Weight Management Level One (3 session series)
- Weight Management Level Two (3 session series– Take Level One first please)
- Weight Management Level Three (3 session series- Level One and Two first please)

Weight Management Level One (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 and effective ways to develop healthier habits

When you register for this series, you will be registered for all 3 sessions in the series.

Session Dates	Days	Time	Location
September 27, October 4, & 11	Wednesday	6:00 pm to 8:30 pm	Zoom
October 5, 12, & 19	Thursday	1:30 pm to 4:00 pm	Zoom
October 14, 21, & 28	Saturday	9:00 am to 11:30 am	Zoom
October 25, November 1, & 8	Wednesday	6:00 pm to 8:30 pm	Zoom
November 18, 25, December 2	Saturday	9:00 am to 11:30 am	Zoom
November 22, 29, December 6	Wednesday	6:00 pm to 8:30 pm	Zoom

Weight Management Level Two (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 this series, you will be registered for all 3 sessions in the series.

Session Dates	Days	Time	Location
October 14, 21, & 28	Saturday	1:30 pm to 4:00 pm	Zoom
October 24, 31, November 7	Tuesday	1:30 pm to 4:00 pm	Zoom
October 18, 25, November 1	Wednesday	6:00 pm to 8:30 pm	Zoom
November 29, December 6, & 13	Wednesday	6:00 pm to 8:30 pm	Zoom

Weight Management Level Three (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 this series, you will be registered for all 3 sessions in the series.

Session Dates	Days	Time	Location
September 20, 27, October 4	Wednesday	6:00 pm to 8:30 pm	Zoom
November 8, 15 & 22	Wednesday	6:00 pm to 8:30 pm	Zoom
November 18, 25, December 2	Saturday	1:30 pm to 4:00 pm	Zoom
November 21, 28, December 5	Tuesday	1:30 pm to 4:00 pm	Zoom

Stress Self-Management Workshops

Minding Stress (3 Session Series)

Length 2.5 Hours

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

Session Dates	Days	Time	Location
September 6, 13 & 20	Wednesday	6:00 pm to 8:30 pm	Zoom
October 11, 18 & 25	Wednesday	9:00 am to 11:30 am	Zoom
November 9, 16 & 23	Thursday	6:00 pm to 8:30 pm	Zoom
December 4, 11 & 18	Monday	9:00 am to 11:30 am	Zoom

Boosting Your Brain Health

Description

Length 2.5 Hours—4 weeks

is a 4-week workshop to 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.
- This AHS workshop is free; however, some partnered sites charge an admin fee.

Upcoming Sessions

Location	Registration Contact	Date and Time
St. Albert Seniors Association 7 Tache Street, St. Albert	St. Albert Seniors Association 780-459-0433 \$8 admin fee charge	Wednesdays Oct 11 – Nov 1, 2023 9:30-12:00pm
SouthWest Edmonton Seniors Association 11304 25 Avenue	OT Services for Chronic Disease Management 780-342-8302	Wednesdays Oct 25 – Nov 15, 2023 9:30-12:00pm
Virtual – Zoom	OT Services for Chronic Disease Management 780-342-8302	Tuesdays Nov 7 – 28, 2023 9:30-12:00pm
Strathcona County 208, 150 Broadway Crescent Sherwood Park	OT Services for Chronic Disease Management 780-342-8302	Thursdays Nov 23 – Dec 14, 2023 1:00-3:30pm

Questions? Call 780-342-8302



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

Description:

This supervised exercise program is for individuals with chronic health condition(s) 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
- 8-10 weeks long
- 1 hour, 2x per week
- 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, participants 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