

HEALTH EDUCATION CLASSES

EDMONTON AND AREA | SPRING CALENDAR | APRIL—JUNE 2017

CLASSES ARE OPEN TO THE GENERAL PUBLIC

Program Criteria:

- Must be 17 years of age and older
- Registration is required

TO REGISTER:

Call 1-877-414-2665 (AB Only) OR 780-401-BOOK

Phone hours:

Mon-Fri, 8am-6pm

*Please have your Alberta Health Care Number ready when you call.

FOR MORE INFORMATION:

Check out our website at
<http://www.albertahealthservices.ca/info/Page10299.aspx>

Or call the booking line at
780-401-BOOK

Brought to you by:



Alberta
Healthy Living
Program



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****We recommend Getting Started: Planning for Success be the first class you attend of the Weight Management Classes***

We recommend also attending the Health Education Classes listed below.

Diabetes Management Classes

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****We recommend Taking Charge: Daily Management of Type 2 Diabetes be the first class you attend of the Diabetes Classes***

*****We recommend attending Diabetes: Healthy Eating before attending Diabetes: Meal Planning***

Health Education Classes

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Self-Management Classes (6 Sessions Over 6 Consecutive Weeks)

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» TO REGISTER FOR A CLASS: «

- Call 1-877-414-BOOK (AB only) or 780-401-BOOK(2665)
- Booking line hours are from Mon-Fri 8am-6pm
- Please have your Alberta Health Care number available when you call

Registration is required. Call 1-877-414-2665 (Alberta Only) or 780-401-2665.

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Locations Legend

Please be aware that classes are subject to change and may be cancelled at any time. You will only be notified of a cancellation if you are registered to attend. Please call the booking line at 780-401-BOOK(2665) for the most up-to-date class information.

Abbreviation	Location and Address
EEHC	East Edmonton Health Centre 11240 – 79 St, Edmonton Conference Room 1, 2, 4, 5, or 6
EGH	Edmonton General Hospital 11111 Jasper Ave, Edmonton Room 2R06, 2R07, 2R08 or 2R09
FSCH	Fort Saskatchewan Community Hospital 9401-86 Ave, Fort Saskatchewan Room 1R-012 OR 1R-015A
JHL	Royal Alexandra Hospital 10405-111 Ave, Edmonton Community Services Centre Jean Hamilton Lounge (Room 150)
LHC	Leduc Community Health Centre 4219-50 St, Leduc Large Boardroom
NECHC	North East Community Health Centre 14007-50 St, Edmonton Spencer Room
NG	Northgate Health Centre 2020 Northgate Centre 9499-137 Ave, Edmonton Room 205 or 207
SCH	Sturgeon Community Hospital 201 Boudreau Rd, St. Albert Room 249 Diabetes Education Centre
SG	Spruce Grove Health Unit 505 Queen St, Spruce Grove Room 104 and Room 110
SPCN	Edmonton Southside Primary Care Network 3110 Calgary Trail, Edmonton Room A, B, C
STCH	Strathcona Community Hospital 9000 Emerald Dr, Sherwood Park Conference Room A or B
WJP	West Jasper Place 9720-182 St, Edmonton Inspiration Room
WPCN	Edmonton West Primary Care Network Suite 124, Meadowlark Health & Shopping Centre 156 St & 87 Ave, Edmonton

Registration is required. Call 1-877-414-2665 (Alberta Only) or 780-401-2665.

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Arthritis 101

- Learn about the many types of arthritis, how to manage symptoms and where to find additional resources
- To register for this class, please call 1-800-321-1433

Bariatric Surgery Basics

- Learn general information on bariatric surgery
- Types of bariatric surgery performed in Alberta (complications, health outcomes, steps for success)

Session Dates	Days	Time	Location
April 20	Thursday	6:00pm-8:30pm	JHL
May 16	Tuesday	1:30pm-4:00pm	SPCN
June 13	Tuesday	9:00am-11:30am	NG

Better Choices, Better Health®: Chronic Disease Self-Management Program

- Six 2.5-hour sessions – call 780-401-2665 for course dates
- Helps people with chronic conditions overcome daily challenges, and maintain an active lifestyle.

Better Choices, Better Health®: Chronic Pain Self-Management Program

- Six 2.5-hour sessions – call 780-401-2665 for course dates
- Learn tools and techniques to help manage your pain and enjoy a better quality of life.

Better Choices, Better Health®: Diabetes Self-Management Program [Type 1 and 2 Diabetes]

- Six 2.5-hour sessions – call 780-401-2665 for course dates
- Learn how to manage your life while living with diabetes and/or providing support.

Better Choices, Better Health®: Online

- Join the six-week workshop online! For more information and to register visit:
<https://betterchoicesbetterhealth.ca/>

fyi

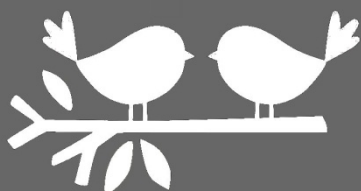
Our Weight Wise 8 Week Series allows you to attend 8 of the Weight Wise workshops in a supportive sequence. You only need to register once, and then attend on the same day, at the same time, in the same location, for 8 consecutive weeks. This means you will get to know the other people in the classes, and will find extra motivation and support. As you progress through the series, you will gain knowledge and build on your learning week by week.

Interested in finding out more? Check out page 15 for more information.

Registration is required. Call 1-877-414-2665 (Alberta Only) or 780-401-2665.

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NEED SUPPORT?



We encourage you to
**attend classes with a
family member or friend.**
Just make sure that they
register for the class as a
support registrant. Please
call 780-401-BOOK to
register.

**Have a question for a professional?
There's a hotline for that!**

Diabetes Hotline
780-735-1051

Weight Management Hotline
780-735-1078

Hotline hours are:
Mon-Fri 9am-4pm

Diabetes: Healthy Eating

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

***Recommendation: attend Diabetes: Healthy Eating before Diabetes: Meal Planning**

Session Dates	Days	Time	Location
April 1	Saturday	1:00pm-4:00pm	STCH
April 3	Monday	6:00pm-9:00pm	NEHC
April 6	Thursday	1:00pm-4:00pm	STCH
April 21	Friday	1:00pm-4:00pm	EEHC
April 25	Tuesday	1:00pm-4:00pm	SG
April 25	Tuesday	9:00am-12:00pm	STCH
May 5	Friday	9:00am-12:00pm	SCH
May 6	Saturday	1:00pm-4:00pm	SPCN
May 13	Saturday	1:00pm-4:00pm	STCH
May 15	Monday	9:00am-12:00pm	SCH
May 19	Friday	1:00pm-4:00pm	EEHC
May 27	Saturday	1:00pm-4:00pm	JHL
May 30	Tuesday	6:00pm-9:00pm	NEHC
June 6	Tuesday	1:00pm-4:00pm	SCH
June 16	Friday	1:00pm-4:00pm	WJP
June 20	Tuesday	1:00pm-4:00pm	EGH
June 24	Saturday	1:00pm-4:00pm	SPCN
June 26	Monday	6:00pm-9:00pm	NEHC
June 29	Thursday	1:00pm-4:00pm	STCH

Registration is required. Call 1-877-414-2665 (Alberta Only) or 780-401-2665.

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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 eating out

***Recommendation: attend Diabetes: Healthy Eating before Diabetes: Meal Planning**

Session Dates	Days	Time	Location
April 11	Tuesday	1:00pm-4:00pm	SCH
April 17	Monday	9:00am-12:00pm	EEHC
April 27	Thursday	1:00pm-4:00pm	NG
May 8	Monday	6:00pm-9:00pm	SPCN
May 11	Thursday	1:00pm-4:00pm	WJP
May 23	Tuesday	1:00pm-4:00pm	EEHC
June 1	Thursday	9:00am-12:00pm	EEHC
June 3	Saturday	9:00am-12:00pm	NECHC
June 9	Friday	9:00am-12:00pm	SCH
June 19	Monday	9:00am-12:00pm	STCH
June 30	Friday	9:00am-12:00pm	SPCN

Foot Care (for Diabetes)

- 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

Session Dates	Days	Time	Location
April 3	Monday	9:00am-11:00am	WPCN
April 21	Friday	9:00am-11:00am	EGH
May 2	Tuesday	6:30pm-8:30pm	STCH
May 9	Tuesday	9:00am-11:00am	SCH
May 29	Monday	6:30pm-8:30pm	JHL
June 5	Monday	2:00pm-4:00pm	NG
June 16	Friday	2:00pm-4:00pm	EEHC
June 20	Tuesday	9:00am-11:00am	STCH
June 28	Wednesday	9:00am-11:00am	WJP



Health Education Classes are considered a health care service, therefore your Alberta Health Care Number is required for registration.

Registration is required. Call 1-877-414-2665 (Alberta Only) or 780-401-2665.

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Getting Started: Planning for Success

- Learn how weight affects our health and strategies to get started with weight management
- Learn about treatment options for weight management

***Recommendation: If taking Weight Management classes, begin with this class, if possible.**

Session Dates	Days	Time	Location
April 4	Tuesday	6:00pm-8:30pm	WJP
April 7	Friday	9:00am-11:30am	SCH
April 12	Wednesday	9:00am-11:30am	WJP
April 19	Wednesday	6:00pm-8:30pm	JHL
April 25	Tuesday	9:00am-11:30am	WJP
April 28	Friday	1:30pm-4:00pm	SPCN
May 4	Thursday	6:00pm-8:30pm	STCH
May 10	Wednesday	9:00am-11:30am	SCH
May 26	Friday	9:00am-11:30am	EEHC
June 2	Friday	1:30pm-4:00pm	SG
June 5	Monday	6:00pm-8:30pm	NECHC
June 10	Saturday	1:30pm-4:00pm	JHL
June 15	Thursday	1:30pm-4:00pm	STCH
June 22	Thursday	6:00pm-8:30pm	WJP
June 27	Tuesday	6:00pm-8:30pm	WJP
June 30	Friday	9:00am-11:30am	SCH

Healthy Eating Starts Here: Steps to a Healthier You

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

Session Dates	Days	Time	Location
April 8	Saturday	1:30pm-4:00pm	JHL
April 21	Friday	9:00am-11:30am	WJP
April 27	Thursday	9:00am-11:30am	EEHC
May 12	Friday	9:00am-11:30am	SPCN
May 18	Thursday	6:00pm-8:30pm	SPCN
May 29	Monday	9:00am-11:30am	EEHC
June 5	Monday	1:30pm-4:00pm	STCH
June 12	Monday	9:00am-11:30am	WJP
June 19	Monday	9:00am-11:30am	EEHC

Registration is required. Call 1-877-414-2665 (Alberta Only) or 780-401-2665.

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Heart Health (2 Session Series)

- In Session 1, learn about risk factors for heart disease and stroke; how to reduce your risks as well as how to recognize and react to the warnings signs for heart attack and stroke
- In Session 2, learn about fats, sodium, sugar, fibre, label reading and meal planning for a heart healthy diet

Session Dates	Days	Time	Location
April 12, April 19	Wednesday	9:00am-11:30am	SCH
May 18, May 25	Thursday	9:00am-11:30am	EEHC
June 15, June 22	Thursday	1:30pm-4:00pm	WJP

Insulin for Type 2 Diabetes - The Basics

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

Session Dates	Days	Time	Location
May 4	Thursday	9:00am-11:30am	SPCN
June 1	Thursday	1:30pm-4:00pm	SPCN

Lifestyle Change: A Toolkit for Success

- Learn how to apply the change process for making healthy, sustainable lifestyle changes
- Strategies such as decision making, goal setting, problem solving and trapping negative thoughts will be discussed

Session Dates	Days	Time	Location
April 4	Tuesday	1:30pm-4:00pm	NG
April 12	Wednesday	6:00pm-8:30pm	STCH
April 18	Tuesday	6:00pm-8:30pm	SPCN
May 2	Tuesday	9:00am-11:30am	SG
May 13	Saturday	9:00am-11:30am	NECHC
May 18	Thursday	6:00pm-8:30pm	JHL
May 23	Tuesday	9:00am-11:30am	NG
June 1	Thursday	1:30pm-4:00pm	SPCN
June 5	Monday	6:00pm-8:30pm	STCH
June 15	Thursday	1:30pm-4:00pm	SPCN
June 23	Friday	9:00am-11:30am	EEHC
June 27	Tuesday	9:00am-11:30am	NG



Classes are offered at various times and locations throughout Edmonton and surrounding areas to make it convenient for you to attend.

Check out page 2 for the location legend.

Registration is required. Call 1-877-414-2665 (Alberta Only) or 780-401-2665.

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Managing Emotional Eating (3 Session Series)

- Learn about what influences your eating behaviors
- Build skills and learn tools to help you manage your emotional eating

Session Dates	Days	Time	Location
April 25, May 2, 9	Tuesday	6:00pm-8:30pm	SPCN
April 27, May 4, 11	Thursday	9:00am-11:30am	EEHC
May 17, 24, 31	Wednesday	6:00pm-8:30pm	WPCN
May 24, 31, June 7	Wednesday	9:00am-11:30am	NG
June 1, 8, 15	Thursday	6:00pm-8:30pm	SPCN
June 10, 17, 24	Saturday	9:00am-11:30am	JHL
June 14, 21, 28	Wednesday	6:00pm-8:30pm	WPCN
June 16, 23, 30	Friday	9:00am-11:30am	STCH
June 20, 27, July 4	Tuesday	9:00am-11:30am	SCH

Minding Stress: Effectively Reduce and Manage the Stress in Your Life (2 Session Series)

- 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

Session Dates	Days	Time	Location
April 5, 12	Wednesday	9:00am-11:30am	STCH
April 20, 27	Thursday	6:00pm-8:30pm	WPCN
May 5, 12	Friday	1:30pm-4:00pm	EEHC
May 16, 23	Tuesday	6:00pm-8:30pm	NECHC
May 29, June 5	Monday	9:00am-11:30am	WJP
June 1, 8	Thursday	9:00am-11:30am	WPCN
June 13, 20	Tuesday	6:00pm-8:30pm	NECHC
June 28, July 5	Wednesday	9:00am-11:30am	STCH

What are key principles of obesity management? (courtesy of Canadian Obesity Network)



1. Obesity is a chronic condition that requires long-term management.
2. Obesity management is more than just reducing numbers on a scale—it's about improving overall health and well-being over the long term.
3. An important part of obesity management is identifying and addressing root causes for weight gain and removing roadblocks.

Our Weight Management Classes, listed on page 2, can help you get started with weight management, and give you the support you need along your journey.

Registration is required. Call 1-877-414-2665 (Alberta Only) or 780-401-2665.

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“START where you are. USE what you have. DO what you can.”

– Arthur Ashe, professional tennis player

Moving Matters: Including Physical Activity in Your Day

- Learn about different types of physical activity and their benefits
- Receive tips on how to get more physically active and set your own activity goal

****Recommendations: attend Moving Matters: Including Physical Activity in Your Day before Physical Activity: Making it Happen***

Session Dates	Days	Time	Location
April 6	Thursday	9:00am-11:30am	STCH
April 17	Monday	9:00am-11:30am	STCH
April 27	Thursday	6:00pm-8:30pm	JHL
May 11	Thursday	9:00am-11:30am	NG
May 26	Friday	1:30pm-4:00pm	SPCN
May 30	Tuesday	6:00pm-8:30pm	STCH
June 13	Tuesday	9:00am-11:30am	EEHC
June 22	Thursday	6:00pm-8:30pm	JHL
June 29	Thursday	9:00am-11:30am	STCH

Nutrition: Eating Away From Home and Special Occasions

- Learn how eating away from home affects weight management
- Develop a plan to manage calories when eating away from home

Session Dates	Days	Time	Location
April 6	Thursday	1:30pm-4:00pm	WJP
April 11	Tuesday	6:00pm-8:30pm	NEHC
April 18	Tuesday	6:00pm-8:30pm	STCH
May 5	Friday	9:00am-11:30am	WJP
May 8	Monday	1:30pm-4:00pm	EEHC
May 15	Monday	1:30pm-4:00pm	STCH
May 25	Thursday	1:30pm-4:00pm	WJP
June 3	Saturday	1:30pm-4:00pm	SPCN
June 6	Tuesday	6:00pm-8:30pm	WJP
June 12	Monday	9:00am-11:30am	SCH
June 21	Wednesday	9:00am-11:30am	STCH
June 26	Monday	9:00am-11:30am	WJP

Registration is required. Call 1-877-414-2665 (Alberta Only) or 780-401-2665.

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Nutrition: I Know I Should Eat Healthy, But How?

- Learn meal planning tips through using Plan, Purchase, Prepare and Pack
- Practice meal planning in class

Session Dates	Days	Time	Location
April 4	Tuesday	1:30pm-4:00pm	EEHC
April 13	Thursday	1:30pm-4:00pm	STCH
April 17	Monday	9:00am-11:30am	EEHC
April 24	Monday	1:30pm-4:00pm	STCH
May 2	Tuesday	6:00pm-8:30pm	NECHC
May 12	Friday	9:00am-11:30am	WJP
May 15	Monday	9:00am-11:30am	EEHC
May 23	Tuesday	6:00pm-8:30pm	JHL
June 3	Saturday	9:00am-11:30am	SPCN
June 5	Monday	9:00am-11:30am	SCH
June 16	Friday	1:30pm-4:00pm	SG
June 20	Tuesday	9:00am-11:30am	SPCN
June 26	Monday	1:30pm-4:00pm	EEHC

Nutrition: The Top 5 Tips to Reduce Calories

- Learn about the Top 5 Tips and how to use them to reduce calories for weight management

Session Dates	Days	Time	Location
April 4	Tuesday	6:00pm-8:30pm	NECHC
April 22	Saturday	9:00am-11:30am	SPCN
April 26	Wednesday	6:00pm-8:30pm	STCH
May 2	Tuesday	9:00am-11:30am	EEHC
May 11	Thursday	9:00am-11:30am	SPCN
May 19	Friday	1:30pm-4:00pm	STCH
May 23	Tuesday	9:00am-11:30am	EEHC
May 30	Tuesday	6:00pm-8:30pm	SPCN
June 9	Friday	9:00am-11:30am	WJP
June 15	Thursday	9:00am-11:30am	SPCN
June 20	Tuesday	1:30pm-4:00pm	STCH
June 27	Tuesday	6:00pm-8:30pm	NECHC



**WANT TO BE NOTIFIED IF
YOUR CLASS HAS BEEN
CHANGED OR CANCELLED?**

Please ensure you register for the class by calling 780-401-BOOK. We can only notify you of changes if you have pre-registered for the class and provided us with up-to-date contact information.

Registration is required. Call 1-877-414-2665 (Alberta Only) or 780-401-2665.

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*“Motivation is what gets you started.
Habit is what keeps you going.”*

– Jim Ryan, Olympic track star

Nutrition: The Truth about What Works in Weight Management

- Learn how meal patterns, food choices and portions affect weight management

Session Dates	Days	Time	Location
April 1	Saturday	1:30pm-4:00pm	NECHC
April 7	Friday	1:30pm-4:00pm	SCH
April 10	Monday	9:00am-11:30am	EEHC
April 22	Saturday	1:30pm-4:00pm	SPCN
April 27	Thursday	1:30pm-4:00pm	WJP
May 1	Monday	1:30pm-4:00pm	STCH
May 9	Tuesday	6:00pm-8:30pm	STCH
May 16	Tuesday	6:00pm-8:30pm	JHL
May 25	Thursday	9:00am-11:30am	EEHC
June 1	Thursday	9:00am-11:30am	NG
June 6	Tuesday	9:00am-11:30am	EEHC
June 13	Tuesday	6:00pm-8:30pm	STCH
June 24	Saturday	1:30pm-4:00pm	NECHC
June 30	Friday	1:30pm-4:00pm	SCH

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

Recommendation: attend *Physical Activity and Type 2 Diabetes* before *Physical Activity: Making it Happen

Session Dates	Days	Time	Location
April 13	Thursday	1:30pm-4:00pm	STCH
April 28	Friday	1:30pm-4:00pm	STCH
May 2	Tuesday	1:30pm-4:00pm	NG
May 25	Thursday	6:00pm-8:30pm	STCH
June 2	Friday	1:30pm-4:00pm	WJP
June 19	Monday	1:30pm-4:00pm	SPCN

Registration is required. Call 1-877-414-2665 (Alberta Only) or 780-401-2665.

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Physical Activity: Making it Happen

- Explore what physical activity means to you, what has worked for you, and how physical activity can help you reach your health goals

***Recommendation: attend Physical Activity: Making it Happen after Moving Matters: Including Physical Activity in Your Day and/or Physical Activity and Type 2 Diabetes**

Session Dates	Days	Time	Location
April 8	Saturday	9:00am-10:30am	JHL
April 19	Wednesday	9:00am-10:30am	WJP
May 19	Friday	9:00am-10:30am	NG
May 25	Thursday	6:30pm-8:00pm	STCH

Pre-Diabetes

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

Session Dates	Days	Time	Location
April 10	Monday	1:00pm-4:00pm	WPCN
May 2	Tuesday	1:00pm-4:00pm	EGH
May 26	Friday	9:00am-12:00pm	STCH
June 5	Monday	9:00am-12:00pm	EGH
June 22	Thursday	6:00pm-9:00pm	WPCN



Registration is required. Call 1-877-414-2665 (Alberta Only) or 780-401-2665.

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Taking Charge: Daily Management of Type 2 Diabetes

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

***Recommendation: attend Taking Charge: Daily Management of Type 2 Diabetes before Taking Charge: Long Term Management of Type 2 Diabetes**

Session Dates	Days	Time	Location
April 1	Saturday	9:00am-11:30am	STCH
April 6	Thursday	6:00pm-8:30pm	STCH
April 8	Saturday	9:00am-11:30am	NECHC
April 12	Wednesday	6:00pm-8:30pm	SPCN
April 18	Tuesday	1:30pm-4:00pm	SCH
April 21	Friday	9:00am-11:30am	EEHC
April 25	Tuesday	9:00am-11:30am	SG
May 4	Thursday	6:00pm-8:30pm	SPCN
May 6	Saturday	9:00am-11:30am	SPCN
May 9	Tuesday	6:00pm-8:30pm	WJP
May 13	Saturday	9:00am-11:30am	STCH
May 19	Friday	9:00am-11:30am	EEHC
May 27	Saturday	9:00am-11:30am	JHL
May 30	Tuesday	1:30pm-4:00pm	NG
June 6	Tuesday	9:00am-11:30am	SCH
June 8	Thursday	6:00pm-8:30pm	STCH
June 16	Friday	9:00am-11:30am	WJP
June 20	Tuesday	9:00am-11:30am	EGH
June 24	Saturday	9:00am-11:30am	SPCN
June 29	Thursday	6:00pm-8:30pm	STCH

Taking Charge: Long Term Management of Type 2 Diabetes

- Building on the information provided in the Taking Charge: Daily Management of Type 2 Diabetes 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

***Recommendation: attend Taking Charge: Long Term Management of Type 2 Diabetes after Taking Charge: Daily Management of Type 2 Diabetes**

Session Dates	Days	Time	Location
April 4	Tuesday	9:00am-11:30am	WJP
April 29	Saturday	9:00am-11:30am	STCH

Registration is required. Call 1-877-414-2665 (Alberta Only) or 780-401-2665.

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May 10	Wednesday	6:00pm-8:30pm	SPCN
May 16	Tuesday	6:00pm-8:30pm	SPCN
June 2	Friday	9:00am-11:30am	EEHC
June 17	Saturday	9:00am-11:30am	STCH
June 23	Friday	1:30pm-4:00pm	LHC
June 29	Thursday	1:30pm-4:00pm	WJP

Weight Wise 8 Week Series (8 session series)

- Attend 8 of the Weight Wise workshops in a supportive sequence
- Gain knowledge and build on learning week by week
- Register once and attend the same day and time, at the same location each week for 8 weeks

Class Name	Session Dates	Days	Time	Location
Getting Started: Planning for Success	April 21	Friday	1:30pm-4:00pm	WPCN
Lifestyle Change: A Toolkit for Success	April 28	Friday	1:30pm-4:00pm	WPCN
Nutrition: The Top 5 Tips to Reduce Calories	May 5	Friday	1:30pm-4:00pm	WPCN
Moving Matters: Including Physical Activity in your day	May 12	Friday	1:30pm-4:00pm	WPCN
Minding Stress: Effectively Reduce and Manage the Stress in your life	May 19	Friday	1:30pm-4:00pm	WPCN
Nutrition: The Truth about what works in Weight Management	May 26	Friday	1:30pm-4:00pm	WPCN
Minding Stress: Effectively Reduce and Manage the Stress in your life	June 2	Friday	1:30pm-4:00pm	WPCN
Physical Activity: Making it Happen	June 9	Friday	1:30pm-3:00pm	WPCN



“Eleven million Canadians are living with diabetes or prediabetes. Chances are, diabetes affects you or someone you know.” (www.diabetes.ca/about-diabetes)

Check out our Diabetes Education Classes listed on Page 2 to learn to manage your diabetes through healthy eating, physical activity and medication.

Registration is required. Call 1-877-414-2665 (Alberta Only) or 780-401-2665.

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SPRING CLASSES ARE AVAILABLE FOR REGISTRATION NOW!

To register for a workshop:

Call 1-877-414-2665 (Alberta Only)
or 780-401-BOOK (2665)
Mon–Fri, 8am–6pm

Please have your Alberta Health Care Number ready when you call.

**Want more information on
WEIGHT MANAGEMENT?**

Call 780-735-1078

**Have questions about
DIABETES?**

Call 780-735-1051

Hotline hours are:
Mon–Fri, 9am–4pm



“The secret of getting ahead is getting started.”

- Mark Twain



**Alberta Health
Services**

Image © World Obesity

Alberta
Healthy Living
Program