## August 2022 Workshops for Adults by ZOOM

We have morning, afternoon or evening classes available. Classes are 2.5 hours long.

### Weight Management - [Registration Link](#)
Learn effective weight management; how to build healthier habits, and the ways that thinking patterns, sleep, physical activity, and nutrition impact your goals.

**Tier 3**
- Aug 18 - Eating Away at 1:30pm
- Aug 25 - Factors Affecting Weight Management at 1:30pm

**Tier 1**
- Aug 16 - Understanding Weight & Health at 9:30am
- Aug 23 - Eating Well for Weight & Health at 9:30am
- Aug 30 - Making a Change & Building Habits at 9:30am

**Tier 2**
- Sep 6 - Physical Activity & Taming Triggers at 9:30am
- Sep 13 - Make a Plan to Eat Well at 9:30am
- Sep 20 - Emotions & Eating at 9:30am

**Tier 3**
- Sep 27 - Eating Away at 9:30am
- Oct 4 - Factors Affecting Weight Management at 9:30am

### Better Choices Better Health®
Take control of your health, feel better, take small steps, plan for the future.
- July 21 - Aug 25 at 6:00pm - [Registration Link](#)

### Chronic Pain
Discover changes and strategies to help you live healthier.
- July 5 - Aug 9 at 6:00pm - [Registration Link](#)

### Managing Stress - [Registration Link](#)
A 2 part workshop on Stress Management.
- Aug 16 & 23 at 1:30pm

### Moving Matters - [Registration Link](#)
Learn to exercise safely, overcome barriers and stay motivated. Set a goal and get started!
- Aug 10 at 5:30pm

### Heart & Stroke - [Registration Link](#)
Managing Blood Pressure & Cholesterol
Learn about what affects your blood pressure and cholesterol levels and what you can do to manage your risks for heart disease and stroke.

**Tier 3**
- Aug 3 at 9:30am
- Aug 10 at 9:30am
- Aug 16 at 1:30pm
- Aug 23 at 1:30pm

**Tier 1**
- Aug 16 - Understanding Weight & Health at 9:30am
- Aug 23 - Eating Well for Weight & Health at 9:30am
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**Tier 2**
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### Understanding COPD
Understand what COPD is and how you can manage well and continue to live your best life.

Please check online for the next available class.

### Supervised Exercise - done virtually!
2 times per week, 1.5 hours session, for 6 weeks.

Use the [Get Started](#) button to fill out some information that goes to the Exercise Therapist and you will get a call within 2 weeks to begin your assessment.

### Be Supported on your Journey to Better Health – right from Home!

To register for a Zoom class call: **1-877-349-5711**
Or you can self-register at: [https://www.healthylivingprogram.ca](https://www.healthylivingprogram.ca)