

December 2022 Workshops for Adults by ZOOM

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

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

Dec 8 - Eating Away at 5:30pm

Dec 15 - Factors Affecting Weight Management at 5:30pm

Better Choices Better Health®

Take control of your health, feel better, take small steps, plan for the future.

Please check online for next available class

Chronic Pain

Discover changes and strategies to help you live healthier

Please check online for next available class

Managing Diabetes - [Registration Link](#)

A 3 session workshop for those newly diagnosed with diabetes, as well as a refresher for those continuing to manage their diabetes.

Part 1 - Dec 1 & 8 at 1:30pm

Part 2 - Dec 15 at 1:30pm

Part 1 - Dec 5 & 12 at 5:30pm

Part 2 - Dec 19 at 5:30pm

Part 1 - Dec 6 & 13 at 9:30am

Part 2 - Dec 20 at 9:30am

Moving Matters - [Registration Link](#)

Learn to exercise safely, overcome barriers and stay motivated. Set a goal and get started!

Dec 8 at 9:30am

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.

Part 1 - Dec 1 at 5:30pm

Part 2 - Dec 8 at 5:30pm

Part 1 - Dec 7 at 9:30am

Part 2 - Dec 14 at 9:30am

Part 1 - Dec 13 at 1:30pm

Part 2 - Dec 20 at 1:30pm

Managing Stress - [Registration Link](#)

A 2 part workshop on Stress Management

Dec 7 & 14 at 6:30pm

Understanding COPD

Understand what COPD is and how you can manage well and continue to live your best life

Please check online for next available class

Check online for classes available

in the New Year!

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>