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

**Weight Management**
Learn the principles of effective weight management; how to build healthier habits, and the ways that thinking patterns, sleep, physical activity, and nutrition impact your goals.

**Tier 1** — Registration Link
- Oct 21 - Understanding Weight & Health at 9:30am
- Oct 28 - Eating Well for Weight & Health at 9:30am
- Nov 4 - Making a Change & Building Habits at 9:30am

**Tier 2** — Registration Link
- Nov 18 - Physical Activity & Taming Triggers at 9:30am
- Nov 25 - Making a Plan to Eat Well at 9:30am
- Dec 2 - Emotions & Eating at 9:30am

**Tier 3** — Registration Link
- Dec 9 - Eating Away from Home at 9:30am
- Dec 16 - Factor Affecting Weight Management at 9:30am

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

**Part 1**
- Nov 3 & 10 at 1:30pm - Registration Link
- Nov 17 at 1:30pm - Registration Link

**Part 2**
- Nov 9 & 16 at 5:30pm - Registration Link
- Nov 23 at 5:30pm - Registration Link

**Part 1**
- Nov 15 & 22 at 9:30am - Registration Link
- Nov 29 at 9:30am - Registration Link

**Better Choices Better Health®**
Take control of your health, feel better, take small steps, plan for the future.

Nov 9 - Dec 14 at 1:30pm — Registration Link

**Chronic Pain**
Discover changes and strategies to help you live healthier.

Nov 10 - Dec 15 at 1:30pm — Registration Link

**Managing Stress**
A 2 part workshop on Stress Management

Nov 15 & 22 at 6:30pm — Registration Link

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

Nov 10 at 9:30am — Registration Link

**Heart & Stroke**
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**
- Nov 9 at 5:30pm — Registration Link
- Nov 16 at 5:30pm — Registration Link

**Part 2**
- Nov 17 at 9:30am — Registration Link
- Nov 24 at 9:30am — Registration Link

**Part 1**
- Nov 18 at 1:00pm — Registration Link
- Nov 25 at 1:00pm — Registration Link

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

Nov 15 at 2:30pm — Registration Link

**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)