February 2022 Workshops for Adults by ZOOM

Weight Management - [Registration Link]
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 2
Feb 2 - Physical Activity & Taming Triggers at 5:30pm
Feb 9 - Making a plan to Eat Well at 5:30pm
Feb 16 - Emotions and Eating at 5:30pm

Tier 2
Feb 17 - Physical Activity & Taming Triggers at 1:30pm
Feb 24 - Making a plan to Eat Well at 1:30pm
Feb 10 - Emotions and Eating at 1:30pm

Tier 3
Feb 23 - Eating Away at 5:30pm
Mar 2 - Factors Affecting Weight Management at 5:30pm

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 - Feb 1 & 8 at 1:30pm
Part 2 - Feb 15 at 1:30pm
Part 1 - Feb 9 & 16 at 9:30am
Part 2 - Feb 23 at 9:30am
Part 1 - Feb 10 & 17 at 5:30pm
Part 2 - Feb 24 at 5:30pm

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

Chronic Pain
Discover changes and strategies to help you live healthier
Feb 23 - Mar 30 at 1:30pm - [Registration Link]

Managing Stress
A 2 part workshop on Stress Management
Feb 8 & 15 at 1:30pm - [Registration Link]

Moving Matters
Learn to exercise safely, overcome barriers and stay motivated. Set a goal and get started!
Feb 16 at 9:30am - [Registration Link]

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 - Feb 7 at 1:30pm
Part 2 - Feb 14 at 1:30pm
Part 1 - Feb 16 at 5:30pm
Part 2 - Feb 23 at 5:30pm
Part 1 - Feb 17 at 9:30am
Part 2 - Feb 24 at 9:30am

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