December 2021 Workshops for Adults by ZOOM

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

**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 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** — [Registration Link]
  - Dec 1 & 8 at 5:30pm
  - Dec 15 at 5:30pm

- **Part 2** — [Registration Link]
  - Dec 2 & 9 at 9:30am
  - Dec 16 at 9:30am

**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 to help you live healthier.

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

**Managing Stress**
A 2 part workshop on Stress Management.
Check website for upcoming dates.

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

- Dec 9 at 1:30pm — [Registration Link]

**Heart & Stroke**
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** — [Registration Link]
  - Dec 6 at 5:30pm
  - Dec 13 at 5:30pm

- **Part 2** — [Registration Link]
  - Dec 9 at 1:30pm
  - Dec 16 at 1:30pm

- **Tier 2** — [Registration Link]
  - Dec 9 at 9:30am
  - Dec 16 at 9:30am

- **Tier 3** — [Registration Link]
  - Dec 9 at 9:30am
  - Dec 16 at 9:30am

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

- Dec 16 at 10:30am — [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)