

January 2023 Workshops for Adults by ZOOM

Morning, afternoon or evening classes available. Classes are 2.5 hours long

Weight Management

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

Tier 1

Wed Evenings	January 11, 18, 25	5:30 - 8:00pm
Thu Afternoons	January 19, 26, Feb 2	1:30 - 4:00pm
Tue Evenings	January 24, 31, Feb 7	5:30 - 8:00pm

Better Choices Better Health®

Take control of your health, feel better, take small steps, plan for the future. 6 class workshop.

Tue Afternoons - 12:30 - 3:00pm
January 24, 31, Feb 7, 14, 21, 28

Better Choices Better Health® for

Chronic Pain

Learn about pain and things you can do to live better.

Wed Evenings - 6:00 - 8:30pm
January 18, 25, Feb 1, 8, 15, 22

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: Thur Evenings	Jan. 5 & 12	5:30 - 8 pm
Part 2: Thur Evening	Jan. 19	5:30 - 8 pm
Part 1: Wed Afternoons	Jan. 11 & 18	1:30 - 4 pm
Part 2: Wed Afternoon	Jan. 25	1:30 - 4 pm
Part 1: Tues Mornings	Jan. 17 & 24	9:30 am - Noon
Part 2: Tues Morning	Jan. 31	9:30 am - Noon
Part 1: Mon Evenings	Jan. 23, 30	5:30 - 8 pm
Part 2: Mon Evening	Feb. 6	5:30 - 8 pm

Moving Matters

Learn to exercise safely, overcome barriers and stay motivated.

Set a goal and get started!

January 26 9:30am - noon

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.

Wed Evenings 5:30 - 8 pm

Part 1: Jan. 4
Part 2: Jan. 11

Thur Morning 9:30 am - Noon

Part 1: Jan. 12
Part 2: Jan. 19

Mon Afternoon 1:30 - 4 pm

Part 1: Jan. 16
Part 2: Jan. 23

Tues Evening 5:30 - 8 pm

Part 1: Jan. 24
Part 2: Jan. 31

Managing Stress

A 2 part series learning techniques to reduce, prevent & cope

Mon Mornings Jan. 30 & Feb. 6 9:30 am - 12 pm

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

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.

[Click here to register](#)

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

To register for a Zoom class call: **1-877-349-5711**
Or <https://www.healthylivingprogram.ca>

