April 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 1
Apr 5 - Understanding Weight & Health at 5:30pm
Apr 12 - Eating Well for Weight & Health at 5:30pm
Apr 19 - Making a Change & Building Habits at 5:30pm

Tier 2
Apr 26 - Physical Activity & Taming Triggers at 5:30pm
May 3 - Make a Plan to Eat Well at 5:30pm
May 10 - Emotions & Eating at 5:30pm

Tier 1
Apr 27 - Understanding Weight & Health at 9:30am
May 4 - Eating Well for Weight & Health at 9:30am
May 11 - Making a Change & Building Habits at 9:30am

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 - Apr 4 & 11 at 1:00pm
Part 2 - Apr 25 at 1:00pm

Part 1 - Apr 6 & 13 at 5:30pm
Part 2 - Apr 20 at 5:30pm

Part 1 - Apr 14 & 21 at 9:30am
Part 2 - Apr 28 at 9:30am

Better Choices Better Health®
Take control of your health, feel better, take small steps, plan for the future.
Mar 24 - Apr 28 at 1:30pm - [Registration Link]

Chronic Pain
Discover changes and strategies to help you live healthier.
Mar 22 - Apr 26 at 6:00pm - [Registration Link]

Managing Stress
A 2 part workshop on Stress Management
April 13 & 20 at 6:30pm - [Registration Link]

Moving Matters
Learn to exercise safely, overcome barriers and stay motivated. Set a goal and get started!
Apr 21 at 5:30pm - [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 - Apr 5 at 1:30pm
Part 2 - Apr 12 at 1:30pm

Part 1 - Apr 13 at 9:30am
Part 2 - Apr 20 at 9:30am

Part 1 - Apr 21 at 5:30pm
Part 2 - Apr 28 at 5:30pm

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

May 12 at 1:30pm - [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

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