## March 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**
- Mar 1 - Understanding Weight & Health at 9:30am
- Mar 8 - Eating Well for Weight & Health at 9:30am
- Mar 15 - Making a Change & Building Habits at 9:30am

**Tier 3**
- Mar 10 - Eating Away at 1:30pm
- Mar 17 - Factors Affecting Weight Management at 1:30pm

**Tier 2**
- Mar 22 - Physical Activity & Taming Triggers at 9:30am
- Mar 29 - Make a Plan to Eat Well at 9:30am
- Apr 5 - 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 - Mar 8 & 15 at 5:30pm
- Part 2 - Mar 22 at 5:30pm
- Part 1 - Mar 14 & 21 at 9:30am
- Part 2 - Mar 28 at 9:30am
- Part 1 - Mar 16 & 23 at 1:30pm
- Part 2 - Mar 30 at 1:30pm

### Better Choices Better Health®
Take control of your health, feel better, take small steps, plan for the future.
Check Website for upcoming dates

### 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
Mar 17 & 24 at 9:30am - [Registration Link](#)

### Moving Matters
Learn to exercise safely, overcome barriers and stay motivated. Set a goal and get started!
Mar 24 at 1:30pm - [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 - Mar 9 at 9:30am
- Part 2 - Mar 16 at 9:30am
- Part 1 - Mar 15 at 5:30pm
- Part 2 - Mar 22 at 5:30pm
- Part 1 - Mar 24 at 1:00pm
- Part 2 - Mar 31 at 1:00pm

### Understanding COPD
Understand what COPD is and how you can manage well and continue to live your best life.
Mar 14 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)