# Heart & Stroke
**Managing Blood Pressure & Cholesterol**
A 2 part workshop on learning about what affects your blood pressure and cholesterol levels and what you can do to manage your risks for heart disease and stroke.

<table>
<thead>
<tr>
<th>Part 1</th>
<th>July 15 at 9:00am</th>
<th>Registration Link</th>
</tr>
</thead>
<tbody>
<tr>
<td>Part 2</td>
<td>July 22 at 9:00am</td>
<td>Registration Link</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Part 1</th>
<th>July 28 at 1:30pm</th>
<th>Registration Link</th>
</tr>
</thead>
<tbody>
<tr>
<td>Part 2</td>
<td>Aug 4 at 1:30pm</td>
<td>Registration Link</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Part 1</th>
<th>Aug 17 at 9:30am</th>
<th>Registration Link</th>
</tr>
</thead>
<tbody>
<tr>
<td>Part 2</td>
<td>Aug 24 at 9:30am</td>
<td>Registration Link</td>
</tr>
</tbody>
</table>

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)

---

### Weight Management
In this adult weight management series, you will 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.

<table>
<thead>
<tr>
<th>Tier 1</th>
<th>Registration Link</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 15</td>
<td>Weight &amp; Health at 1:30pm</td>
</tr>
<tr>
<td>June 22</td>
<td>Eating Well for Weight &amp; Health at 1:30pm</td>
</tr>
<tr>
<td>June 29</td>
<td>Skills &amp; Habits at 1:30pm</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Tier 2</th>
<th>Registration Link</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 6</td>
<td>Physical Activity at 1:30pm</td>
</tr>
<tr>
<td>July 13</td>
<td>Make Plans to Eat Well at 1:30pm</td>
</tr>
<tr>
<td>July 20</td>
<td>What Matters to You at 1:30pm</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Tier 3</th>
<th>Registration Link</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 27</td>
<td>Eating Away from Home at 1:30pm</td>
</tr>
<tr>
<td>Aug 3</td>
<td>Mental Health, Emotions &amp; Triggers at 1:30pm</td>
</tr>
</tbody>
</table>

---

### Managing Diabetes
A 3 session workshop for those newly diagnosed with diabetes, as well as a refresher for those continuing to manage their diabetes.

<table>
<thead>
<tr>
<th>Part 1</th>
<th>July 13 &amp; 20 at 9:00am</th>
<th>Registration Link</th>
</tr>
</thead>
<tbody>
<tr>
<td>Part 2</td>
<td>July 27 at 9:00am</td>
<td>Registration Link</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Part 1</th>
<th>Aug 18 &amp; 25 at 9:30am</th>
<th>Registration Link</th>
</tr>
</thead>
<tbody>
<tr>
<td>Part 2</td>
<td>Sep 1 at 9:30am</td>
<td>Registration Link</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Part 1</th>
<th>Aug 5 &amp; 12 at 1:30pm</th>
<th>Registration Link</th>
</tr>
</thead>
<tbody>
<tr>
<td>Part 2</td>
<td>Aug 19 at 1:30pm</td>
<td>Registration Link</td>
</tr>
</tbody>
</table>

---

### Minding Stress
A 2 part workshop on Stress Management

<table>
<thead>
<tr>
<th>July 13 &amp; 15 at 9:00am</th>
<th>Registration Link</th>
</tr>
</thead>
<tbody>
<tr>
<td>August 10 &amp; 12 at 9:00am</td>
<td>Registration Link</td>
</tr>
</tbody>
</table>

---

### Weight Management
**Better Choices Better Health® Workshop**
Take control of your health, feel better, take small steps, plan for the future. A 6-week workshop.

<table>
<thead>
<tr>
<th>July 14 - Aug 18 at 6:00pm</th>
<th>Registration Link</th>
</tr>
</thead>
</table>

---

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

<table>
<thead>
<tr>
<th>July 27 at 10:30am</th>
<th>Registration Link</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aug 25 at 1:30pm</td>
<td>Registration Link</td>
</tr>
</tbody>
</table>

---

### 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)