September 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 2**
- Sep 6 - Physical Activity & Taming Triggers at 9:30am
- Sep 13 - Make a Plan to Eat Well at 9:30am
- Sep 20 - Emotions & Eating at 9:30am

**Tier 1**
- Sep 14 - Understanding Weight & Health at 5:30pm
- Sep 21 - Eating Well for Weight & Health at 5:30pm
- Sep 28 - Making a Change & Building Habits at 5:30pm

**Tier 3**
- Sep 27 - Eating Away at 9:30am
- Oct 4 - Factors Affecting Weight Management at 9:30am

**Better Choices Better Health®**
Take control of your health, feel better, take small steps, plan for the future.

- Sep 28 - Nov 2 at 6:00pm - [Registration Link]

**Chronic Pain**
Discover changes and strategies to help you live healthier.

- Sep 13 - Oct 8 at 6:00pm - [Registration Link]

**Managing Stress** - [Registration Link]
A 2 part workshop on Stress Management

- Sep 22 & 29 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 - Sep 7 & 14 at 1:30pm
- Part 2 - Sep 21 at 1:30pm
- Part 1 - Sep 8 & 15 at 5:30pm
- Part 2 - Sep 22 at 5:30pm
- Part 1 - Sep 13 & 20 at 9:30am
- Part 2 - Sep 27 at 9:30am

**Moving Matters** - [Registration Link]
Learn to exercise safely, overcome barriers and stay motivated. Set a goal and get started!

- Sep 12 at 9:30am

**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 - Sep 8 at 9:30am
- Part 2 - Sep 15 at 9:30am
- Part 1 - Sep 12 at 5:30pm
- Part 2 - Sep 19 at 5:30pm
- Part 1 - Sep 21 at 1:30pm
- Part 2 - Sep 28 at 1:30pm

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

- Sep 20 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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