



Grande Prairie - Free Winter Workshops for Adults

The Alberta Healthy Living Program (AHLP) helps you discover changes that will help you live healthier and learn to confidently manage your health.

Call to Register and for the Location

Weight Management Workshops

All classes are 4:00pm - 6:30pm

Nutrition - The Top 5 Tips to Reduce Calories	Jan 07
Minding Stress Part 1	Jan 15
Minding Stress Part 2	Jan 22
Getting Started - Planning for Success	Jan 27
Nutrition - The Truth about what works in Weight Management	Feb 03
Lifestyle Change - A Toolkit for Success	Feb 12
Nutrition - I know I should Eat Healthy, but How?	Feb 18
Minding Stress Part 1	Feb 24
Nutrition - Eating Away from Home and During Special Occasions	Feb 26
Minding Stress Part 2	Mar 02
Nutrition - The Top 5 Tips to Reduce Calories	Mar 03
Nutrition - The Truth about what works in Weight Management	Mar 10
Getting Started - Planning for Success	Mar 16
Moving Matters - Including Physical Activity in your Day	Mar 31
Nutrition - I know I should Eat Healthy, but How?	Apr 21
Lifestyle Change - A Toolkit for Success	Apr 27

Managing Emotional Eating

A 3 part workshop to increase understanding of emotional and mindful eating behaviours, and build skills to help manage them.

Mondays Jan 06, Jan 13 & Jan 20

4:00pm - 6:30pm

Wednesdays Mar 25, Apr 01 & Apr 08

4:00pm - 6:30pm

Mondays Mar 16, Mar 23 & Mar 30

1:00pm - 3:30pm

A 3 part series - please plan to attend all 3 sessions.

Using Food Labels - To register call 780-402-8172

Learn how to read food labels and compare products so you can make the best food choices for you and your family

Feb 04 - 4:00pm - 6:30pm

Apr 28 - 1:30pm - 3:30pm

Be supported on your journey to better health

For more information, or to register for a class call:

1-877-349-5711