

Alberta Healthy Living Program

Free online educational workshops

Diabetes the Basics

A workshop that provides information about Type 2 and pre-diabetes for those newly diagnosed or wanting an update.

- 4-Part series (4 x 2 ½ hours).

Dates: **October 6, 13, 20, 27 from 1:00 p.m. to 3:30 p.m.**
October 12, 19, 26, Nov 2 from 5:30 p.m. – 8:00 p.m.
November 1, 8, 15, 22 from 9:00 a.m. to 11:30 a.m.
November 24, Dec 1, 8, 15 from 5:30 p.m. – 8:00 p.m.

Heart Wise

A four-part series workshop that provides information about nutrition, exercise, and other lifestyle choices to help you maintain or improve your heart health.

Dates: **Oct 6, 13, 20, 27 from 9:00 a.m. to 11:30 a.m.**
Oct 17, 24, 31, Nov 7 from 1:00 p.m. to 3:30 p.m.
Nov 14, 21, 28 Dec 5 from 5:30 p.m. – 8:00 p.m.
Nov 21, 28, Dec 5, 12 from 1:00 p.m. to 3:30 p.m.

Managing Emotional Eating

A series of workshops exploring why we eat the way we do and the factors that could be triggering food cravings.

Dates: **Oct 5, 12, 19 from 1:00 p.m. to 3:30 p.m.**
Nov 30, Dec 7, 14 from 5:30 p.m. to 8:00 p.m.

Minding Stress

A two-part workshop, to learn what stress is, and how to reduce its effect on your health. Learn tips to identify what causes your stress, and some simple techniques to relax.

Dates: **Oct 26 & Nov 2 from 9:00 a.m. to 11:30 a.m.**
Dec 1 & 8 from 1:00 p.m. to 3:30 p.m.

Better Choices Better Health

This is a 6 week online workshop to help you learn techniques to better manage pain, and fatigue. Discuss better nutrition and exercise choices that work for you. Learn tips to improve communication with your doctor, and family about your health.

Dates: **Oct 20, 27, Nov 3, 10, 17, 24 from 9:00 a.m. to 11:30 a.m.**
Nov 9, 16, 23, 30, Dec 7, 14 from 1:00 p.m. to 3:30 p.m.

Sleep Well

A free educational workshop for anyone who wants to sleep better.

Dates: **Oct 3 from 1:00 p.m. to 3:30 p.m.**
Dec 2 from 9:00 a.m. to 11:30 a.m.

Registration is required as date and time are subject to change. Please call the Alberta Healthy Living Program at 1-877-314-6997. You will receive a Zoom link when you register.

Moving Matters

A free educational workshop for anyone looking to learn more about physical activity and how to include it in your day.

Dates: Nov 24 from 1:00 p.m. to 3:30 p.m.

Nutrition: Eating Away From Home

A workshop to help you learn how to reduce overeating when eating away from home and during special occasions.

Dates: Dec 6 from 6:00 p.m. to 7:00 p.m.

Nutrition: The 4 P's of Meal Planning (I Know I Should Eat Healthy But How)

A workshop to learn tips and strategies for planning and preparing food that will help you eat healthier.

**Dates: Oct 26 from 12:00 p.m. to 1:00 p.m.
Nov 17 from 6:00 p.m. to 7:00 p.m.
Dec 12 from 12:00 p.m. to 1:00 p.m.**

Nutrition Labels: Reading Between the Lines

A free educational workshop for anyone interested in learning more about label reading and how to make the best choice at the grocery store.

**Dates: Oct 18 from 6:00 p.m. to 7:00 p.m.
Nov 18 from 12:00 p.m. to 1:00 p.m.
Dec 8 from 12:00 p.m. to 1:00 p.m.**

Eating Well and Managing Irritable Bowel Syndrome

Not sure where to start trying to get a handle on the symptoms of irritable bowel syndrome (IBS)? Join a dietitian to learn about the symptoms of IBS and how food and lifestyle choices can help manage symptoms.

**Dates: Oct 11 from 9:00 a.m. to 10:00 a.m.
Nov 15 from 1:00 p.m. to 2:00 p.m.
Dec 14 from 1:00 p.m. to 2:00 p.m.**

Celiac Disease – Going Gluten Free

Have you been diagnosed with celiac disease and want to learn more about the gluten-free diet? In this workshop, a dietitian will review what is celiac disease, how to eat nutritiously while following a gluten free diet and ways to avoid and limit cross-contamination at home and when eating out.

**Dates: Oct 20 from 1:00 p.m. to 2:00 p.m.
Nov 17 from 9:00 a.m. to 10:00 a.m.**

Stop Dieting Forever: An Introduction to Intuitive Eating

Join a dietitian and an educator in this supportive 3-part workshop to learn how to improve your relationship with food by getting off the diet treadmill and learning new ways to manage your emotional eating and health. Finally ending the guilt, frustration and confusion!

**Dates: Oct 17, 24, 31 from 5:30 p.m. to 7:00 p.m.
Nov 3, 10, 17 from 9:00 a.m. to 10:30 a.m.**

Registration is required as date and time are subject to change. Please call the Alberta Healthy Living Program at 1-877-314-6997. You will receive a Zoom link when you register.

Adult Weight Management: Level 1

A free educational workshop for anyone wanting to learn principles of effective weight management. Learn how to increase your physical activity, manage calories and nutrition and develop healthier habits.

Dates: Oct 11, 18, 25 from 9:00 a.m. to 11:30 a.m.
Oct 17, 24, Nov 7 from 5:30 p.m. to 8:00 p.m.
Oct 26, Nov 2, 9 from 1:00 p.m. to 3:30 p.m.
Nov 15, 22, 29 from 5:30 p.m. to 8:00 p.m.
Dec 5, 12, 19 from 9:00 a.m. to 11:30 a.m.

Adult Weight Management: Level 2

A free educational workshop for anyone wanting to learn principles of effective weight management. Learn how to manage thoughts and feelings that affect behavior changes.

Dates: Oct 27, Nov 3, 10 from 5:30 p.m. to 8:00 p.m.
Nov 29, Dec 6, 13 from 9:00 a.m. to 11:30 a.m.

Adult Weight Management: Level 3

A free educational workshop for anyone wanting to learn principles of effective weight management. Learn how to manage eating away from home and maintain positive habit changes.

Dates: Nov 16 & 23 from 1:00 p.m. to 3:30 p.m.

Adult Weight Management: Introduction to Bariatric Surgery

A free educational workshop for those who are interested in surgical treatment options for weight management.

Dates: Nov 7 from 5:30 p.m. to 8:00 p.m.
Nov 30 from 1:00 p.m. to 3:30 p.m.

Staying Strong and Healthy as we Age

A free session for anyone interested in learning practical ways to stay strong and healthy while aging.

Dates: Oct 7 from 9:00 a.m. to 11:30 a.m.
Nov 7 from 9:00 a.m. to 11:30 a.m.

Supervised Exercise Information Session

A Pre-requisite for the Supervised Exercise Program

A free information session for anyone looking to learn more about the Supervised Exercise Program. In this hour session, you will be able to ask questions and decide if the program is right for you.

Dates: Please contact the Alberta Healthy Living Program for upcoming dates and times.

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