

**Drayton Valley
Alberta Healthy Living Program Workshops
September - Dec 2017**

<p><i>Diabetes the Basics</i> <i>(1 Full day Workshop)</i></p>	<p>Sept 27, 2017 9:30am-3:30pm OR 4 series: Nov 15, 21 & 28 9:30-12:00pm Follow up: Jan 9, 2018 9:30-12:00pm</p>
<p><i>Sleep Well</i> <i>(1.5 hour Workshop)</i></p>	<p>Date to be Announced</p>
<p><i>Heart Wise</i> <i>(3 hour Workshop)</i></p>	<p>Oct 11, 2017 9am-12pm</p>
<p><i>Better Choices, Better health</i></p>	<p>Oct 31st – Dec 5, 2017 Tuesdays, 1-3:30pm</p>
<p><i>Weight Wise</i> <i>(9 Workshops)</i></p>	<p>Sept 19 – Nov 14, 2017 Tuesdays, 1 - 3:30 pm ** **(except Wed Nov 1st)</p>
<p><i>Time To Move</i> <i>(1.5 hour Workshop)</i></p>	<p>Date to be Announced</p>
<p><i>Supervised Exercise</i> <i>(1 hour Workshop)</i> <i>*Weekly supervised exercise classes to follow</i></p>	<p>Info session: Oct 4, 2017 1:30-2:30pm Omniplex</p>

Registration is important!

Please call: 1-877-314-6997 or (Local) Geraldine Mackinnon at 780-514-7170

***Classes may change for unforeseen reasons. Please register to ensure you are notified of any changes to the schedule.*

Weight Wise Classes

Location: Drayton Valley Hospital

1pm-3:30pm

Sept 19, 2017: Getting Started, Planning for Success. In the *Wildrose Room*

Sept 26, 2017: Nutrition, The Top 5 Tips to reduce calories. In the *Pembina Room*

Oct 3rd, 2017: Lifestyle Change, a Toolkit for Success. In the *Pembina Room*

Oct 10, 2017: Nutrition, The Truth about What Works in Weight Management. In the *Pembina Room*

Oct 17, 2017: Minding Stress, session 1. In the *Wildrose Room*

Oct 24, 2017: Minding Stress, session 2. In the *Pembina Room*

*Nov 1, 2017 (**Wednesday**): Moving Matters, Including Physical Activity in Your Day. In the *Wildrose Room*

Nov 7, 2017: Nutrition, I Know I should Eat Healthy but HOW? In the *Pembina Room*

Nov 14, 2017: Nutrition, Eating Away from Home and During Special Occasions. In the *Pembina Room*

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Alberta Healthy Living Program Central Zone Workshops

For more information and to register: 1-877-314-6997 online: ahs.ca/ahlp

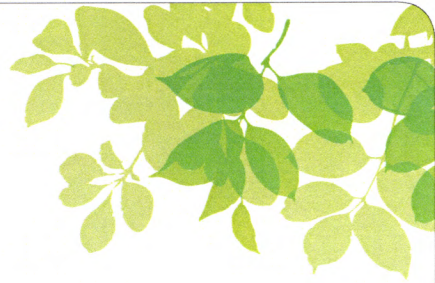
<p>Better Choices, Better Health®</p> <p>These workshops will help you discover changes and strategies to help you live healthier and overcome the physical and emotional challenges of living with chronic conditions. Learn to better manage pain, fatigue and stress, make positive nutrition and active living choices, set personal goals and act on your plans. Online version also available at: betterchoicesbetterhealth.ca/online</p>	<p>2 ½ hours x 6 weeks</p>
<p>Craving Change™</p> <p>What you eat, how you eat and how much you eat are all part of your eating habits. Shaping them begins with understanding your triggers and relationships with food. In these workshops you'll learn how you can form better eating habits that last a lifetime.</p>	<p>2 ½ hours x 3 weeks</p>
<p>Diabetes the Basics</p> <p>Nutrition, physical activity and stress can affect diabetes management. These workshops will help you learn about diabetes and effective strategies that help manage it.</p>	<p>10 hours offered in 2 or 4 sessions</p>
<p>Eating Away From Home and During Special Occasions</p> <p>Food is often central to holidays, parties and special occasions. It also tends to be higher in calories, fat or sugar, and can lead to overeating and weight gain. In this workshop you will learn how these occasions can affect what you eat and how much you eat. You'll leave with strategies to help prevent overeating.</p>	<p>2 ½ hours</p>
<p>Getting Started: Planning for Success</p> <p>Planning ahead and setting realistic health and weight-loss goals can help you create lasting change. In this workshop, you will learn what obesity is and how it may be affecting your life. How simple tools such as planning ahead, recording what you eat and how you feel can help you lose weight and stay healthy.</p>	<p>2 ½ hours</p>
<p>Heart Wise: Managing Cholesterol and Blood Pressure</p> <p>Maintaining a healthy blood pressure and cholesterol level reduce your risk of heart disease, stroke, kidney failure and many other illnesses. In this workshop you will learn what affects your blood pressure and cholesterol level and what you can do to manage them.</p>	<p>3 hours</p>
<p>I Know I Should Eat Healthy, But How?</p> <p>Eating healthy foods can reduce the risk of obesity, heart disease, Type 2 diabetes, joint pain and many other conditions. When you plan and prepare meals ahead, you're more likely to eat nutritious foods, develop new, healthy habits and save money. In this workshop you will learn tips and strategies for planning and preparing food that will help you eat healthier.</p>	<p>2 ½ hours</p>
<p>Lifestyle Change: A Toolkit For Success</p> <p>Habits can influence the choices you make when it comes to your health. Learning new ways of thinking and forming new habits can help maintain healthy lifestyle changes such as eating healthier or getting exercise. In this workshop you will learn what healthy lifestyle changes look like and strategies to help you maintain them.</p>	<p>2 ½ hours</p>
<p>Minding Stress: Effectively Reduce and Manage the Stress in Your Life</p> <p>Learning how to reduce or prevent stress can help you manage chronic conditions, improve mental health and reduce your risk of developing a range of disorders such as hypertension, Type 2 diabetes, obesity and irritable bowel syndrome. In this workshop you will learn more about stress, how to manage it and also how to practise mindful eating.</p>	<p>2 ½ hours x 2 sessions</p>

Moving Matters: Including Physical Activity in Your Day	2 ½ hours
Including more physical activity in your day can help you maintain a healthy weight and better manage chronic conditions. In this workshop you will learn about physical activity and how to include it in your day.	
Ready For Change	1 ½ hours
Living healthier starts with making positive, informed choices when it comes to things such as nutrition and physical activity. In this workshop you will learn how to make changes to improve your health.	
Respiratory Education	1 hour x 9 sessions
COPD is caused by damage to the lungs from smoking and long-term exposure to chemical fumes, dust or air pollution. In this workshop you will learn more about COPD, what you can do to prevent more damage and tips to help you breathe easier.	
Sleep Well	1 ½ hours
Quality sleep refreshes the body and mind. It also helps us make better life choices and control food cravings. In this workshop, discover what quality sleep means, how it relates to your health and tips for better sleep.	
Stress Less	1 ½ hours
Stress can take many forms. Some stress is good for you, but chronic, ongoing stress is not. In this workshop, you will learn how to manage stress to improve mental and physical health and reduce your risk of developing a range of disorders such as hypertension, Type 2 diabetes, obesity and irritable bowel syndrome.	
Supervised Exercise	1 to 1 ½ hours (number of sessions vary by community)
Exercise can help you manage chronic conditions and stay healthy. Learning to do it safely will help you prevent injury and stay on track for living healthy. To decide if the program is right for you, attend the Supervised Exercise Information Session (1 hour). You will learn what to expect from the program, have an opportunity to meet the Exercise Specialist and ask questions to help you feel more comfortable with exercising.	
The Five Top Tips to Reduce Calories	2 ½ hours
The amount of calories you need in a day depends on how active you are, your gender and also your age. Eating or drinking more calories than you need can lead to weight gain and obesity. In this workshop you will learn ways to safely reduce your calorie intake and maintain a healthy weight.	
The Truth About What Works in Weight Management	2 ½ hours
Maintaining a healthy weight is good for your health. It reduces your risk of heart disease, stroke, high blood pressure, colon cancer, breast cancer, Type 2 diabetes, gall bladder disease, joint pain and osteoarthritis. In this workshop you will learn what foods to eat and how much to eat to help you safely lower your calorie intake and maintain a healthy weight.	
Time to Move	1 ½ hours
Physical activity and exercise benefit the mind and body and can help you manage chronic conditions. In this workshop you will learn what active living and exercise are and how to include them in your life.	

Alberta Healthy Living Program Central Zone Workshops

For more information and to register: 1-877-314-6997 online: ahs.ca/ahlp

Alberta Healthy Living Program



This guide will help you find workshops in the Alberta Healthy Living Program based on your interests or chronic conditions. For more information, visit ahs.ca/ahlp.

WORKSHOP	CHRONIC PAIN	DIABETES	HEART HEALTH	HEALTHY LIVING	PHYSICAL ACTIVITY	BREATHING CONCERNS	WEIGHT MGMT	STRESS
Better Choices, Better Health®	•	•	•	•	•	•	•	•
Diabetes the Basics		•						•
Eating Away From Home and During Special Occasions		•	•	•			•	
Getting Started: Planning for Success							•	
Heart Wise: Managing Cholesterol and Blood Pressure		•	•	•				
I Know I Should Eat Healthy, But How?		•	•	•			•	
Lifestyle Change: A Toolkit For Success	•	•	•	•	•	•	•	•
Managing Emotional Eating		•	•	•			•	•
Minding Stress: Effectively Reduce and Manage the Stress in Your Life	•	•	•	•	•	•	•	•
Moving Matters: Including Physical Activity in Your Day	•	•	•	•	•	•	•	•
Ready For Change	•	•	•	•	•	•	•	•
Respiratory Education						•		
Sleep Well	•	•	•	•	•	•	•	•
Stress Less	•	•	•	•	•	•	•	•
Supervised Exercise	•	•	•	•	•	•	•	•
The Five Top Tips to Reduce Calories		•	•	•			•	
The Truth About What Works in Weight Management		•	•	•			•	
Time to Move	•	•	•	•	•	•	•	•



Chronic Disease Management

▶ Workshops are free. Times and locations vary by community. For more information or to register, call 1-877-314-6997