

Virtual Health Education Sessions For Groups with English at CLB 4 & Up levels

Diversity Liaison Team of Alberta Health Services (AHS) – Calgary Zone is committed to enhancing the access to health services and health information for diverse communities. We are pleased to offer health education sessions in English and/or some first languages at a **time virtually** that is convenient for your groups. To stay current on our presentation lists, please visit <http://diversitycalgary.ca/>

You are welcome to book any health education session as listed below for a **group of 10 or more** participants. We ask you to give us at least one month's notice. For more information and to return the completed request form, please contact us at diversityliaisonsteam@ahs.ca or <http://diversitycalgary.ca/>

Health Education Sessions on Health Systems, Health Services & Health Benefits

| Topic and estimated length | Health Education Session Contents |
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| 1. HIS Health Insurance System 1 hour | This is an introduction to Alberta Health Care Insurance, Alberta Blue Cross Insurance, Alberta Child Health Benefits, Alberta Adult Health Benefits, and Low Income Eye and Dental Assistance Programs. |
| 2. YHC Your Health Care Choices 1 hour | This is an overview of the choices of key health care services that are available in Calgary. Choices of key health care services are Health Link Alberta, Family Doctors, Walk-In Clinics, After Hours Clinics, Urgent Care Centres, Emergency Departments, and Access Mental Health. A highlight on how to use Health Link Alberta and how to request health care interpretation services of Alberta Health Services will also be discussed. |
| 3. SHB Seniors' Health Benefits 1 hour | This is a highlight of seniors' health benefits in programs such as Alberta Health Care, Alberta Blue Cross, dental and optical, Alberta Aids to Daily Living, Health Equipment Loan Program, Special Needs Assistance Program, Alberta Healthy Living Program, Home Care, Long-Term Care, Health Advice and Interpreting Services. Learners will find out what program/s they can apply for to meet their needs. |

Health Education Session for Families with Children

| Topic and estimated length | Health Education Session Contents |
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| 4. SCT Safety Car Seat Training 1 hour | A highlight of education and tools to assist child caregivers in securing car seats properly and reducing the likelihood of injuries. |

Health Education Sessions for Adults

| Topic and estimated length | Health Education Session Contents |
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| 5. EW Emotional Wellness 1 hour | An overview of what is good health, what affects health, how to identify and cope with stress/problems, what can be done to stay emotionally healthy, and where to get help if needed |
| 6. SM Stress Management 1 hour | An interactive workshop with tools to help participants identify and better manage their stress. |
| 7. WH Women's Health 1 hour | This is an overview of women's health topics such as breast health, pap test, sexual health, obstetrics & gynecology, pregnancy education, pelvic floor, and osteoporosis. Resources and suggestions in keeping you healthy in these topics are covered. |
| 8. BTG Beat the Germs 1 hour | This is an overview of how to wash hands properly, how to prevent germ spreading, and how to use antibiotics. The facilitator will use Glow Germ Kits to raise awareness of hand hygiene. |

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| <p>9. OHA</p> <p>Oral Health and Resources for Adults 1 hour</p> | <p>Oral health is an important part of your general health and well-being.</p> <ul style="list-style-type: none"> • Heart Disease-If you have gum disease, you may have a higher risk of heart disease. The germs can block arteries and lead to a stroke. • Respiratory Disease-People with existing lung problems, weak immune systems, and the elderly are at a higher risk of getting a lung infection from breathing in bacteria from the mouth. • Diabetes-Gum disease can make diabetes worse by making blood sugars harder to control. People with diabetes may have trouble getting gum disease to heal. <p>This session is an introduction to the causes and effects of dental cavities for adults, how to prevent dental diseases, and what dental care resources are available for low-income adults and families.</p> |
| <p>10. CHF</p> <p>Choosing Healthy Foods In Canada 1 hour</p> | <p>Choosing healthy foods in Canada could be very different from choosing healthy foods in many parts of the world. This session highlights important food and nutrition choices to help diverse communities to make healthy food choices for their families. The session talks about Where to Shop, Food Groups, Choosing Healthy Foods and Drinks, Label Reading, The Healthy Plate, Meal Examples, Tips to Spend Less, and The Food Bank.</p> |
| <p>11. UC</p> <p>Understanding Cannabis 1 hour</p> | <p>Cannabis is legal for personal consumption in Canada. What do we need to know for ourselves? For our children? This session will help you understand more about Cannabis, its health effects, laws, and the impacts it has on us.</p> |
| <p>12. GASH</p> <p>Get Active, Stay Healthy 1 hour</p> | <p>Get active can have many health benefits. This session will explore creative ways to get active in our daily life, be it at home, at work, or at school. It offers physical activity guidelines for different age groups. It provides some community resources to support active living for people with limited resources.</p> |