

AHLP Calgary



AHLP can help you stay active for life with a chronic condition. Here's how.

Learning how to exercise safely is an important self-management tool for anybody living with a chronic health condition or disease. Whether you are looking to manage your chronic pain, control your blood sugars, manage your weight, or climb a flight of stairs without feeling short of breath, the [Alberta Healthy Living Program \(AHLP\)](#) can help you get there.

Our [supervised exercise program](#) is a unique service available to adults with chronic health condition(s) or disease(s) who live in the [Calgary Zone](#). Your experience with our program will be tailored to your physical activity goals. After joining our program, you will meet with a Wellness Navigator to help you define these goals and make a personalized physical activity action plan to help you get there. Your Wellness Navigator will also help you access some of AHLP's many programs that will help you achieve your goals.

If you enjoy exercising in group settings, our in-person or online group exercise classes might be for you. Depending on your physical abilities, activity limitations and goals, your Wellness Navigator will place you in a class level that is appropriate for you.

If you are somebody who prefers to exercise on your own or who cannot join our classes, we can still provide guidance on exercise modifications for your condition(s), and give you resources for home- or community-based exercise. In

addition, you may wish to take some of our exercise-focused classes to learn about how cardio, strength, flexibility and posture are important parts of any exercise program. You might also be interested in taking advantage of our [free online or phone-based classes](#) or [self-management workshops](#) that cover topics like healthy sleep habits, managing stress, balance and fall prevention, healthy eating, and managing specific health conditions like diabetes, celiac disease, osteoarthritis, chronic pain and others.

Your Wellness Navigator will be there every step of the way to address any questions that you might have, and can help you adjust your action plan if needed. For more information or to register, call 1-844-527-1160.

In-person group exercise classes are coming to South Health Campus in September

Our group exercise classes (which can only be accessed through our [supervised exercise program](#)) are available both online and in-person out of the [East Calgary Health Centre](#). We are excited to announce that, at the end of September, we will also be offering group exercise classes in-person out of [South Health Campus](#). E-mail Teresa.Krahn@ahs.ca or call 1-844-527-1160 for more information.

Alberta Healthy Living Program Monthly Newsletter: August 2022

Upcoming phone-in classes

[Celiac Disease: Going Gluten-Free](#)
([Register here](#))

Aug 12 from 1:30 p.m. – 2:30 p.m.

[Tips for Eating: Prediabetes & Diabetes](#) ([Register here](#))

Aug 10 from 1:30 p.m. – 3:30 p.m.

[Weight Management: Dietitian Question & Answer](#) ([Register here](#))

Aug 11 from 1 p.m. – 2 p.m.

Upcoming classes in Cantonese, Mandarin, Punjabi and Tagalog

Cantonese

[Eating Well for Good Health](#)
([Register here](#))

Aug 10 from 1:30 p.m. – 2:30 p.m.

[Heart Healthy Eating](#) ([Register here](#))

Aug 25 from 1:30 p.m. – 3:30 p.m.

Mandarin

[Tips for Eating: Prediabetes and Diabetes](#) ([Register here](#))

Aug 12 from 1:30 p.m. – 3:30 p.m.

There are no classes starting in August in Punjabi or Tagalog. For a list of classes starting in September 2022, see pages 13 – 14 in our [Class Schedule Guide](#).



For more information about our in-person or virtual programs and services, you can phone 1-844-527-1160 or e-mail us at AHLP.CalgaryZone@ahs.ca.

