AHLP Program Updates

Alberta Healthy Living Program Monthly Newsletter: August 2022

Featured health education classes and workshops for August 2022

We offer Zoom-based health and nutrition education on a variety of different topics. Click on the class name to learn more.

For a complete list of classes offered by the Alberta Healthy Living Program, see our **Class Description Handbook**.

Health Education Classes

Arthritis: An Introduction to Osteoarthritis (Register here)
Aug 24 from 1 p.m. – 2:15 p.m.

Arthritis: Self-Management of Osteoarthritis (Register here)
Aug 11 from 1 p.m. – 2:15 p.m.

Eating Well and Managing Irritable Bowel Syndrome (Register here)
Aug 26 from 10 a.m. – 11 a.m.

Eating Well for Fatty Liver Disease (Register here)
Aug 11 from 9 a.m. – 10 a.m.

Eating Well for Weight and Health-Part 1 (Register here)
Aug 17 from 10:30 a.m. – 11:30 a.m.

Eating Well for Weight and Health-Part 2 (Register here)
Aug 18 from 2:30 p.m. – 3:30 p.m.

Getting Up and Down from the Floor Safely (Register here)
Aug 8 from 10 a.m. – 11 a.m.

Healthy Sleep Habits (Register here)
Aug 17 from 9:30 a.m. – 11 a.m.

Managing Emotional Eating (Register here)
Aug 11 & 18 from 1 p.m. – 3:30 p.m.

Planning for the Future: Health Decisions Matter (Register here)
Aug 25 from 6 p.m. – 7 p.m.

Stop Dieting Forever: An Introduction to Intuitive Eating (Register here)
Aug 10, 17 & 24 from 6 p.m. – 7:30 p.m.

The 4 P's for Meal Planning (Register here)
Aug 9 from 9 a.m. – 10 a.m.

Try a Little Self-Kindness: Motivating with Self-Compassion (Register here)
Aug 25 from 1 p.m. – 3:30 p.m.

Your Kidney Health: What Should I Eat? (Register here)
Aug 3 from 1 p.m. – 2:30 p.m.

Self-Management Workshops

BCBH® - Chronic Pain (Register here)
Aug 3, 10, 17, 24, 31 & Sep 7 from 1 p.m. – 3:30 p.m.

Accessing AHLP programs and services

You do not need a healthcare provider referral to access our program. If you are interested in registering for our supervised exercise program or accessing our nutrition counselling services, call us at 1-844-527-1160.

If you are interested in registering for one of our condition- or non-condition specific health education or nutrition classes, or our self-management workshops, you can also register online at www.ahs.ca/ahlp.

Questions? E-mail us at AHLP.CalgaryZone@ahs.ca

Who will be my Wellness Navigator?

Our supervised exercise program has a dedicated team of physiotherapists, kinesiologists, respiratory therapists, and occupational therapists – any of whom might be your Wellness Navigator. We are also proud to have registered social workers and registered dietitians on our team. If you have condition- or situation-specific questions that your Wellness Navigator cannot answer, they will connect you with the appropriate member of our team who can help you address them.

Accessing our Registered Dietitians

Our registered dietitians are available for telephone or in-person one-on-one appointments. If we offer a class on a nutrition-related concern, we require that you attend a class before scheduling an appointment.

Where can I access your in-person nutrition counselling services?

Our registered dietitians will be happy to meet you at East Calgary Health Centre, Sheldon M. Chumir Health Centre, South Health Campus, Genesis Centre, South Calgary Health Centre, or Cochrane Community Health Centre.

Are you interested in receiving monthly updates from the AHLP? Join our e-mail distribution list