



# Power up your health

The Alberta Healthy Living Program offers **free** services for adults living with diabetes, arthritis and other chronic conditions.

Let us help you take charge of your health with our:

- Better Choices, Better Health® workshops
- General and condition-specific health education
- One-on-one counseling and group classes about nutrition and healthy eating or
- Supervised exercise program

For more information, you can:

- Scan the QR code
- Visit [ahs.ca/ahlp](https://ahs.ca/ahlp) or
- Phone 1-844-527-1160

