



POWER UP YOUR HEALTH

ALBERTA HEALTHY LIVING PROGRAM- CALGARY ZONE NEWSLETTER



Nutrition Bite

November is Diabetes Awareness Month

According to Diabetes Canada, around 11.7 million Canadians have either prediabetes or diabetes, and this number is on the rise. With this condition, your body either cannot produce or cannot properly use insulin (the hormone that controls your blood sugar).

Maintaining a healthy weight, making healthy food choices and exercising regularly are three ways that you can reduce your risk of getting diabetes. If you have prediabetes or diabetes, our registered dietitians are ready to help you make choices to take control of your condition with the following classes:

- [Eating Well for Weight & Health \(Part 1\)](#)
Nov 15 from 6 p.m. – 7 p.m. (Phone-in)
- [Eating Well for Weight & Health \(Part 2\)](#)
Nov 16 from 10:30 a.m. – 11:30 a.m. (Zoom)
- [Sugar Spike: The Glycemic Index and Your Health](#)
Nov 17 from 1:30 p.m. – 2:45 p.m. (Zoom)
- [Tips for Eating: Prediabetes & Diabetes](#)
Nov 14 from 1:30 p.m. – 3:30 p.m. (Zoom)

Did you know?

In addition to teaching nutrition classes, our registered dietitians can give you culturally appropriate one-on-one nutrition advice in English, Cantonese, Mandarin, Hindi or Punjabi. These services are available to adults who need additional information beyond what is available in our nutrition classes. If you speak a different language, we can call-in an interpreter in your language of choice. Call 1-844-527-1160 for more information.



Let's Get Moving

Helping you move towards better health

If you have questions about how to exercise safely with diabetes, prediabetes or any other chronic health condition, we can help.

- **Take advantage of some one-on-one time with our healthcare professionals**
Our healthcare professionals can help you make an exercise plan and find services that can help you safely reach your goals.
- **Take a virtual or in-person supervised exercise class**
Our exercise classes are designed for people who live with chronic conditions like diabetes, heart disease, chronic pain and more.
- **Join one of our general or condition-specific health education classes or self-management workshops**
We offer more than 40 different classes to help you manage your health condition(s) and our healthcare providers can help you find the classes that are right for you. See our [Class Description Handbook](#) for more information.



Fall into good habits

Falls can happen to anyone, anywhere and at any time. The risk of having a fall increases as we age, and the consequences of having a fall can be severe. If you have heart disease, diabetes, nerve problems or a balance disorder, you can be at higher risk of having a fall. There are many ways that you can decrease your risk of having a fall. The Alberta Healthy Living Program can help you get the information and practice you need to lead a fall-free lifestyle.

- Our physiotherapists invite you to our free 2-part [Steady on Your Feet](#) class on November 24 and December 1 from 1 p.m. – 2:15 p.m. [Register here.](#)
- You can also take our [Getting Up and Down from the Floor Safely](#) class on November 29 from 2 p.m. – 3 p.m. [Register here.](#)
- Our supervised exercise program can help you build strength and improve balance to decrease your risk of falling. If you are enrolled in this program, you can ask to meet with an occupational therapist or physiotherapist to learn more about what you can do at home to lessen your chance of falling. Call 1-844-527-1160 to register.

Check out our [Class Description Handbook](#) for a full list of classes that can meet your needs.

Live your life, your way

If you or a loved one lives with chronic pain or fatigue, take charge by joining one of our 6-week [Better Choices, Better Health®](#) self-management workshops. Join like-minded Albertans to learn about some of the important tools you need to live your best life. Some of the topics that you will learn about are:

- What happens in the brain when you experience chronic pain;
- Pacing and exercise for chronic pain;
- Healthy eating for chronic pain;
- Healthy sleep habits;
- Making effective weekly action plans to set you up for success

Workshops are hosted online over Zoom. See the [workshop schedule](#) to find the workshop that best suits your schedule. For more information, call 1-844-527-1160.



Tania's story

"Having an autoimmune disease is painful, isolating, frustrating and depressing. It is an all-encompassing struggle and leaves you helpless. I took the Better Choices, Better Health® (BCBH®) Chronic Pain and Chronic Disease courses. BCBH® put me back in control of my life. Instead of waiting to get better, I learned through these courses that there is a great deal I can do to help myself. I can make changes that will allow me to do many of the things I was doing before. The disease is no longer controlling my life because **I AM BACK IN CHARGE.** I believe in these courses so much that I went through training to become a leader. Now I volunteer my time to share what I have learned with others."