



# POWER UP YOUR HEALTH

ALBERTA HEALTHY LIVING PROGRAM- CALGARY ZONE NEWSLETTER



## Nutrition Bite

### Kick-start 2023 by fueling your body right.

A new year brings new opportunities to make sure your body has the fuel it needs to power through the days ahead. Whether you are looking for help with managing your weight, starting a gluten-free diet, managing your blood sugars, or adopting heart-healthy eating habits, we can help. The following classes can help you polish up your eating habits for 2023:

- [Better Choices, Better Health® - Chronic Pain](#) (6-week class) – [Register here](#)
  - Jan 9, 16, 23, 30, Feb 6 & 13 from 1 p.m. – 3:30 p.m. by Zoom
- [Heart Healthy Eating](#) – [Register here](#)
  - Jan 10 from 9:30 a.m. – 10:30 a.m. by Zoom
- [Celiac Disease: Going Gluten-Free](#) – [Register here](#)
  - Jan 11 from 9:30 a.m. – 11 a.m. by Zoom
- [Better Choices, Better Health® - Chronic Disease](#) (6-week class) – [Register here](#)
  - Jan 12, 19, 26, Feb 2, 9 & 16 from 10 a.m. – 12:30 p.m. by Zoom
- [Eating Well for Weight and Health: Part 1](#) – [Register here](#)
  - Jan 24 from 6 p.m. – 7 p.m. by phone

### 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.



## Live Your Best Life

### Live your best life with osteoarthritis

Osteoarthritis is the most common type of arthritis that a person can have. In this condition, your natural shock absorbers (cartilage) that coat the end of your bones break down, resulting in the inflammation of your joints. Those who live with it can experience pain and stiffness, which can drastically impact their quality of life.

The good news is, there are many things that you can do to manage your osteoarthritis and have a better quality of life. We can help you:

- understand what osteoarthritis is, the risks, and treatment options;
- learn how to protect your joints, manage pain and be active;
- find out how healthy eating habits and maintaining a healthy weight can support joint health.

Take charge of your osteoarthritis by joining our free 2-part [Arthritis: Self-Management of Osteoarthritis](#) class at Cochrane Community Health Centre on January 10 & 17 from 1 p.m. – 2:15 p.m. or on March 2 & 9 from 1 p.m. – 2:15 p.m.

For a full list of nutrition classes that can help you **power up your health**, you can check out our [Class Description Handbook](#).



Let's Get Moving

## Supervised exercise, and so much more ...

Our free supervised exercise program has helped Albertans living with chronic conditions like diabetes, heart disease, arthritis, chronic pain, and others. An initial assessment with one of our Wellness Navigators is required to be enrolled, and this program is restricted to Calgary Zone residents.

- **Exercise can help you manage your health condition.**  
Our Wellness Navigators are health professionals. They can help you make an exercise plan and find services that can help you safely reach your goals.
- **Ask your Wellness Navigator if a group exercise class is right for you.**  
Our exercise classes are designed for people who live with chronic conditions. Your Wellness Navigator will help you find a level that is right for you based on your symptoms and abilities. You can choose to attend either in person or virtually.
- **Join one of our health education classes or self-management workshops.**  
We offer more than 40 different classes to help you manage your health condition(s) and your Wellness Navigator can help you find the classes that are right for you.

## P.A.C.E. yourself for better health

Do you find that your symptoms are getting worse after you push yourself too hard during exercise or strenuous physical activities?

The Alberta Healthy Living Program is launching a **new** 8-week exercise program called **P**acing, **A**ctive **C**hange and **E**xercise (**P.A.C.E.**). You will meet twice a week for 75 minutes to learn how to exercise safely without worsening your symptoms. As you move through the program, you will be exercising for longer periods of time, and during your breaks, you will be learning about the components of a successful exercise program, energy management, pacing, handling pain flares, grieving your pre-illness identity, goal setting, self-talk and self-kindness, and more.

P.A.C.E. is a part of our supervised exercise program, and you will need to meet with one of our Wellness Navigators for an assessment before you can be enrolled. For more information, call 1-844-527-1160.



## In-person service options:

- Our [supervised exercise program](#) offers group exercise classes out of East Calgary Health Centre and South Health Campus.
- Our registered dietitians offer in-person nutrition counseling out of Cochrane Community Health Centre, East Calgary Health Centre, Genesis Centre, Sheldon M. Chumir Health Centre, and South Calgary Health Centre.
- Our 2-part [Self-Management of Osteoarthritis](#) class is running on January 10 and 17 from 1 p.m. – 2:15 p.m. out of Cochrane Community Health Centre.
- Our [Staying Active and Exercising with Osteoporosis](#) class is running on February 6 from 10 a.m. – 11:15 a.m. out of Cochrane Community Health Centre.



Would you like to receive regular updates from the Alberta Healthy Living Program? [Join our e-mail distribution list.](#)