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## AHS provides education and support with health workshops

CALGARY – Local and area residents are invited to attend health information workshops that provide information and advice on managing health and living a healthier life.

More than 240 workshops will be offered this fall in the Calgary area. The workshops — offered as part of the Alberta Healthy Living Program of Alberta Health Services (AHS) — are led by health educators, registered dietitians, registered nurses, exercise specialists and trained volunteers. All workshops, exercise classes and consultations with dietitians are free of charge.

The Alberta Healthy Living Program's Calgary Zone *Fall 2018 Winter 2019 Program Guide* is now available online and workshops are open for registration.

A sample of upcoming workshops in Calgary between October and December include:

- **Education classes:** Offered at different locations and times on a variety of topics. These classes offer information and practical advice on living well with chronic conditions.
- **Better Choices, Better Health® and Better Choices Better Health Chronic Pain®:** These workshops provide information and practical skills for individuals, family members and caregivers of those who want to better manage their physical and mental health. These workshops are available at different locations and also online.
- **Supervised group exercise:** This program is nine to 12 weeks in duration. People who have chronic conditions are taught the skills to exercise safely and effectively, helping to better manage their health and wellness.
- **Nutrition services:** Nutrition classes and one-on-one appointments aimed at helping support goals around healthy eating.

**Registration is required** as dates and times are subject to change.

For more information, to see the program guide or to register to attend, please visit us online at [www.albertahealthservices.ca/cdmcalgaryzone.asp](http://www.albertahealthservices.ca/cdmcalgaryzone.asp) or call the Alberta Healthy Living Program Calgary Zone at 403-9 HEALTH (403-943-2584).

Alberta Health Services is the provincial health authority responsible for planning and delivering health supports and services for more than four million adults and children living in Alberta. Its mission is to provide a patient-focused, quality health system that is accessible and sustainable for all Albertans.

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**For media inquiries, contact:**

Lisa Sutherland  
Community Engagement and Communications  
Alberta Health Services  
403-943-2769