

January 18, 2022

Follow AHS_Media on Twitter 

AHS provides education and support with online health workshops

RED DEER — Alberta Health Services (AHS) is inviting local individuals to attend health information workshops that are helping Albertans make positive adjustments to their lifestyles.

The workshops are offered as part of the Alberta Healthy Living Program (AHLP), an AHS initiative designed to promote healthy living and provide easy access to helpful information. AHLP workshops cover a range of information, including heart health, stress management, nutrition, diabetes care and chronic illness management.

All AHLP sessions are led by AHS professionals who share their expertise in group discussions and provide support and encouragement to participants. Each online workshop is free of charge.

Upcoming Zoom workshops include:

- **Nutrition Labels: Reading Between the Lines**
Learn about label reading and understanding the nutrition facts table. Get a better understanding about nutrient and health claims. Build skills to help you make the healthiest choice at the grocery store.
Jan. 25 from noon to 1 p.m.
Feb. 22 from 6 p.m. to 7 p.m.
- **Nutrition: The 4 Ps of Meal Planning**
Learn tips on how to put your nutrition knowledge into practice with the 4 P's: Plan, Purchase, Prepare and Pack.
Jan. 30 from 6 p.m. to 7 p.m.
Feb. 14 from noon to 1 p.m.
- **Minding Stress (two sessions)**
Discover ways to effectively reduce and manage stress in daily life, learn about the hidden costs of stress and explore causes.
Feb. 1 and 8 from 5:30 p.m. to 8 p.m.
- **Moving Matters: Including Physical Activity in Your Day**
Discuss ways to become more physically active, benefits and barriers to being more active, and ways to set your own physical activity goals.
Feb. 7 from 9 a.m. to 11:30 a.m.

Registration is required as dates and times are subject to change. For more information and to register to attend, please call the Alberta Healthy Living Program at 1-877-314-6997.



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. Our mission is to provide a patient-focused, quality health system that is accessible and sustainable for all Albertans. Our current focus is on reducing emergency department wait-times, improving EMS response times, increasing access to surgeries, and improving patient flow.

- 30 -

For media inquiries, contact:

Yolanda Genu
AHS Communications
403-506-7112