



Class Schedule Guide – Calgary Zone

The Alberta Healthy Living Program (Calgary Zone) offers over 40 free health education classes for adults living in Alberta. We offer general health information classes as well as condition-specific classes.

All classes are offered over Zoom. Many of the nutrition-related classes are also offered over the phone. See the last two pages for classes offered in [Cantonese \(廣東話\)](#), [Mandarin \(普通話\)](#), [Punjabi \(ਪੰਜਾਬੀ\)](#) and [Tagalog](#).

To register for **classes and workshops** online:

1. Find the class in this booklet.
2. Click the class name to open the online registration form.
3. Fill out the form. Only classes with space available will be listed on the form.
4. Submit the form and you will receive an email with information on how to join the class or workshop.

Class descriptions can be found in our [Class Description Handbook](#).

You can also visit our [Find Workshops & Classes](#) tool to find classes and programs that fit your learning interests.

Call us if you need help with registration or if you have questions about our program.

1-844-527-1160

Our phone lines are open 8:00 am - 4:00 pm, Monday to Friday.

[Sign-up for our program updates](#)

Video Resources

Helping You Feel Better after COVID-19

Eating After COVID-19

- [Nutrition and Fatigue After COVID-19](#)
- [Loss of Taste and Smell After COVID-19](#)
- [Difficulty Swallowing After COVID-19](#)

Managing Breathing & Sleep

- [Managing a Persistent Cough After COVID-19](#)
- [Managing Shortness of Breath After COVID-19](#)
- [Managing Sleep After COVID-19](#)

Managing Daily Life

- [Managing Changes in Thinking](#)
- [Managing Fatigue after COVID-19](#)
- [Post COVID-19 Fatigue and Routines](#)

Managing Pain & Getting Active

- [Managing Pain after COVID-19](#)
- [Exercising at the Right Level and Monitoring Symptoms after COVID-19](#)
- [Tips for Getting Started with Exercise after COVID-19](#)

Managing Stress

- [Managing Stress after COVID-19](#)
- [Self-guided Learning](#) (workbook)

Helping You Get Active

- [Get Active, Stay Active](#)
- [Planning for Success with Exercise](#)

Living with Myalgic Encephalomyelitis (ME)

- [3-Part Video Series](#)

Better Choices, Better Health® Workshops

[Better Choices, Better Health® Chronic Disease](#)

Session Date	Day	Time	Class Type
May 3, 10, 17, 24, 31 & June 7	Wed	6:00 – 8:30 PM	Zoom
May 18, 25, Jun 1, 8, 15 & 22	Thu	1:00 – 3:30 PM	Zoom
May 23, 30 June 6, 13, 20 & 27	Tue	1:00 – 3:30 PM	In-person at East Calgary Health Centre Register here
July 11, 18, 25 August 1, 8 & 15	Tue	10:00 – 12:30 PM	Zoom
September 13, 20, 27 October 4, 11 & 18	Wed	6:00 – 8:30 PM	Zoom
September 20, 27 October 4, 11, 18 & 25	Wed	10:00 – 12:30 PM	Zoom

[Better Choices, Better Health® Chronic Pain](#)

Session Date	Day	Time	Class Type
May 9, 16, 23, 30 June 6 & 13	Tue	1:00 – 3:30 PM	Zoom
May 25 June 1, 8, 15, 22 & 29 (Cantonese)	Thu	10:00 – 12:30 PM	In-person at CCECA. To register, please call 403-269-6122
June 6, 13, 20, 27 July 4 & 11	Tue	1:00 – 3:30 PM	Zoom
June 22, 29 July 6, 13, 20 & 27	Thu	1:00 – 3:30 PM	In-person at East Calgary Health Centre Register here

Health Education Classes

[Arthritis: Self-Management of Osteoarthritis](#)

Session Date	Day	Time	Class Type
June 7 & 14	Wed	1:00 – 2:15 PM	Zoom
June 23	Wed	9:30 – 12:00 PM	In-person at Seton Library. Register through the Calgary Public Library .
July 10 & 17	Mon	10:00 – 11:15 AM	Zoom
September 19 & 26	Tue	10:00 – 11:15 AM	Zoom

[Better Breathing](#)

Session Date	Day	Time	Class Type
June 26	Mon	10:15 – 11:30 AM	Zoom
August 29	Tue	10:30 – 11:45	Zoom
October 16	Mon	10:15 – 11:30 AM	Zoom

[Celiac Disease–Going Gluten-Free](#)

Session Date	Day	Time	Class Type
June 6	Tue	1:30 – 3:00 PM	Zoom
July 12	Wed	9:30 – 11:00 AM	Zoom
August 10	Thu	1:30 – 3:00 PM	Phone-in
September 8	Fri	9:30 – 11:00 AM	Zoom

[Conserving Your Energy](#)

Session Date	Day	Time	Class Type
June 12 & 19	Mon	10:00 – 11:30 AM	Zoom
September 21 & 28	Thu	1:00 – 2:30 PM	Zoom

COPD – Breathing Matters

Session Date	Day	Time	Class Type
July 4, 11 & 18	Tue	10:30 – 12:00 PM	Zoom
September 19, 26 & Oct 3	Tue	10:30 – 12:00 PM	Zoom

Eating Away from Home

Session Date	Day	Time	Class Type
June 13	Tue	9:30 – 10:30 AM	Zoom
September 21	Thu	6:00 – 7:00 PM	Phone-in

Eating Well and Managing Irritable Bowel Syndrome

Session Date	Day	Time	Class Type
June 16	Fri	9:30 – 10:30 AM	Phone-in
July 14	Fri	2:30 – 3:30 PM	Zoom
August 11	Fri	10:30 – 11:30 AM	Zoom

Eating Well for Fatty Liver Disease

Session Date	Day	Time	Class Type
July 7	Fri	9:00 – 10:00 AM	Phone-in
August 17	Thu	1:30 – 2:30 PM	Zoom
September 15	Fri	10:30 – 11:30 AM	Zoom

Eating Well for Good Health

Session Date	Day	Time	Class Type
July 11	Tue	1:30 – 2:30 PM	Zoom
August 31	Thu	9:30 – 10:30 AM	Phone

[Eating Well for Weight and Health - Part 1](#)

Session Date	Day	Time	Class Type
June 14	Wed	9:30 – 10:30 AM	Zoom

[Eating Well for Weight and Health - Part 2](#)

Session Date	Day	Time	Class Type
June 20	Tue	6:30 – 7:30 PM	In-person at Shawnessy Library. Register through the Calgary Public Library
July 27	Thu	10:30 – 11:30 AM	Zoom
August 22	Tue	6:00 – 7:00 PM	Phone-in
August 23	Wed	1:30 – 2:30 PM	Zoom

[Fibromyalgia: Facts and Function](#)

Session Date	Day	Time	Class Type
July 12	Wed	1:30 – 3:30 PM	Zoom
September 19	Tue	1:30 – 3:30 PM	Zoom

[Getting Up and Down from the Floor Safely](#)

Session Date	Day	Time	Class Type
June 6	Tue	10:00 – 11:00 AM	Zoom
July 18	Tue	2:00 – 3:00 PM	Zoom
September 14	Thu	1:00 – 2:00 PM	Zoom
October 24	Tue	10:00 – 11:00 AM	Zoom

Healthy Sleep Habits

Session Date	Day	Time	Class Type
June 13	Tue	9:30 – 11:00 AM	Zoom
June 15	Thu	1:30 – 3:00 PM	In-person at Bowness Library. Register through the Calgary Public Library .
August 22	Tue	10:30 – 12:00 PM	Zoom
October 17	Tue	10:30 – 12:00 PM	Zoom

Heart Healthy Eating

Session Date	Day	Time	Class Type
June 7	Wed	2:30 – 3:30 PM	Zoom
July 6	Thu	10:30 – 11:30 AM	Zoom
August 1	Tue	1:30 – 2:30 PM	Phone-in
September 12	Tue	9:30 – 10:30 AM	Zoom

Living Well with Stress

Session Date	Day	Time	Class Type
June 6 & 13	Tue	1:00 – 3:30 PM	Zoom
June 28 & July 5	Wed	1:00 – 3:30 PM	In-person at Quarry Park Library. Register through the Calgary Public Library .
July 18 & 25	Tue	9:30 – 12:00 PM	Zoom
September 21 & 28	Thu	6:00 – 8:30 PM	Zoom

Managing Emotional Eating

Session Date	Day	Time	Class Type
June 14 & 21	Wed	6:00 – 8:30 PM	Zoom
July 19 & 26	Wed	9:30 – 12:00 PM	Zoom

Osteoporosis and Bone Health

Session Date	Day	Time	Class Type
September 12	Tue	9:15 – 11:00 AM	Zoom

Pacing for People with Chronic Pain

Session Date	Day	Time	Class Type
September 6 & 13	Wed	10:00 – 11:15 AM	Zoom
October 3 & 10	Tue	1:00 – 2:15 PM	Zoom

Pain Neuroscience Education

Session Date	Day	Time	Class Type
June 15	Thu	1:30 – 3:30 PM	Zoom

Parkinson's 101

Session Date	Day	Time	Class Type
June 7	Wed	1:00 – 3:00 PM	Zoom
September 27	Wed	1:00 – 3:00 PM	Zoom

Parkinson's Medication Information

Session Date	Day	Time	Class Type
June 21	Wed	1:00 – 3:00 PM	Zoom
October 4	Wed	1:00 – 3:00 PM	Zoom

Parkinson's - Planning for the Future with Movement Disorders

Session Date	Day	Time	Class Type
August 10	Thu	12:30 – 3:00 PM	Zoom
September 28	Thu	12:30 – 3:00 PM	Zoom

Parkinson's Speech and Swallowing Disorders

Session Date	Day	Time	Class Type
September 20	Wed	10:00 – 12:00 PM	Zoom

Planning for the Future - Health Decisions Matter

Session Date	Day	Time	Class Type
June 22	Thu	1:00 – 3:00 PM	Zoom
August 16	Wed	10:00 – 12:00 PM	Zoom
October 5	Thu	6:00 – 8:00 PM	Zoom

Staying Active and Exercising with Osteoporosis

Session Date	Day	Time	Class Type
July 26	Wed	1:00 – 2:15 PM	Zoom
September 21	Thu	10:00 – 11:15 AM	Zoom
October 31	Tue	1:30 – 2:45 PM	Zoom

Steady on Your Feet

Session Date	Day	Time	Class Type
June 22 & 29	Thu	1:00 – 2:15 PM	Zoom
August 14 & 21	Mon	10:00 – 11:15 AM	Zoom
September 19 & 26	Tue	2:00 – 3:15 PM	Zoom

[Stop Dieting Forever: An Introduction to Intuitive Eating](#)

Session Date	Day	Time	Class Type
July 12,19 & 26	Wed	6:00 – 7:30 PM	Zoom

[Sugar Spike: The Glycemic Index and Your Health](#)

Session Date	Day	Time	Class Type
July 13	Thu	9:00 – 10:15 AM	Zoom
September 15	Fri	9:00 – 10:15 AM	Zoom

[The 4 P's for Meal Planning](#)

Session Date	Day	Time	Class Type
June 8	Thu	2:30 – 3:30 PM	Zoom
July 18	Tue	6:00 – 7:00 PM	Phone-in
August 16	Wed	10:30 – 11:30 AM	Phone-in
September 18	Mon	1:30 – 2:30 PM	Zoom

[Tips for Eating: Prediabetes & Diabetes](#)

Session Date	Day	Time	Class Type
June 9	Fri	1:30 – 3:30 PM	Phone-in
June 21	Wed	9:30 – 11:30 AM	Zoom
July 10	Mon	9:30 – 11:30 AM	Phone-in
July 25	Tue	1:30 – 3:30 PM	Zoom
August 24	Thu	9:30 – 11:30 AM	Zoom

[Try a Little Self-Kindness: Motivating with Self-Compassion](#)

Session Date	Day	Time	Class Type
June 15	Thu	1:00 – 3:30 PM	Zoom
June 20	Tue	2:15 – 4:45 PM	In-person at Louise Riley Library. Register through the Calgary Public Library .
August 15	Tue	9:30 – 12:00 PM	Zoom
October 5	Thu	1:00 – 3:30 PM	Zoom

[Understanding Food Labels](#)

Session Date	Day	Time	Class Type
June 15	Thu	1:30 – 2:30 PM	Zoom
October 13	Fri	1:30 – 2:30 PM	Zoom

[Understanding Obstructive Sleep Apnea](#)

Session Date	Day	Time	Class Type
June 6	Tue	9:30 – 10:30 AM	Zoom
August 8	Tue	10:30 – 11:30 AM	Zoom
October 24	Tue	10:30 – 11:30 AM	Zoom

[Understanding the Experience of Grief](#)

Session Date	Day	Time	Class Type
June 8	Thu	2:00 – 3:15 PM	Zoom
June 10	Sat	1:00 – 3:00 PM	In-person Shawnessy Library. Register through the Calgary Public Library .
September 21	Thu	2:00 – 3:30 PM	Zoom

[Weight Management: Dietitian Question & Answer](#)

Session Date	Day	Time	Class Type
July 19	Wed	10:30 -11:30 AM	Zoom
September 13	Wed	2:30 – 3:30 PM	Zoom

[Your Kidney Health](#)

Session Date	Day	Time	Class Type
June 13	Tue	9:30 – 11:30	In-person Crowfoot Library. Register through the Calgary Public Library .
July 12	Wed	1:00 – 3:00 PM	Zoom
September 20	Wed	10:00 – 12:00 PM	Zoom

[Your Kidney Health: What Should I Eat?](#)

Session Date	Day	Time	Class Type
July 19	Wed	1:00 – 2:30 PM	Zoom
September 13	Wed	10:30 – 12:00 PM	Zoom

Classes offered in Chinese Languages

Better Choice, Better Health® Chronic Pain

Session Date	Day	Time	Class Type
May 25 June 1, 8, 15, 22 & 29 (Cantonese)	Thu	10:00 – 12:30 PM	In-person at CCECA. To register, please call 403-269-6122

[Eating Well for Good Health - Cantonese & Mandarin](#)

Session Date	Day	Time	Class Type
September 18	Mon	1:30 – 2:30 PM	Phone-in, Mandarin 普通话

[Heart Healthy Eating - Cantonese & Mandarin](#)

Session Date	Day	Time	Class Type
June 27	Tue	9:30 – 10:30 AM	Phone-in, Cantonese 廣東話
July 25	Tue	1:30 – 2:30 PM	Phone-in, Mandarin 普通话
August 21	Mon	1:30 – 2:30 PM	Zoom, Cantonese 廣東話

[Tips for Eating: Prediabetes & Diabetes - Cantonese & Mandarin](#)

Session Date	Day	Time	Class Type
July 17	Mon	1:30 – 3:30 PM	Phone-in, Cantonese 廣東話
August 15	Tue	1:30 – 3:30 PM	Zoom, Mandarin 普通话
September 19	Tue	9:30 – 11:30 AM	Zoom, Cantonese 廣東話

Classes offered in Punjabi ਪੰਜਾਬੀ

Heart Healthy Eating - Punjabi

Session Date	Day	Time	Class Type
June 15	Thu	1:30 – 3:30 pm	In-person at Saddletown Library.
July 12	Wed	1:30 – 3:30 pm	Drop-in or register online through the Calgary Public Library .

Tips for Eating: Prediabetes & Diabetes - Punjabi

Session Date	Day	Time	Class Type
June 29	Thu	1:30 – 3:30 pm	In-person at Saddletown Library.
July 26	Wed	1:30 – 3:30 pm	Drop-in or register online through the Calgary Public Library .
August 9	Wed	1:30 – 3:30 pm	

Classes offered in Tagalog

Better Choices, Better Health® Chronic Disease

Session Date	Day	Time	Class Type
TBD			