

# AHLP Calgary Zone - Find the Right Class for You

This table can help you find the classes that match your interests and/or chronic health condition.

Classes by Category	Health Topic or Condition of Interest																
	Celiac Disease	Chronic Pain	COPD	Diabetes & Prediabetes	Emotional Wellness	Fibromyalgia	Heart Health	Irritable Bowel Syndrome	Kidney Health	Myalgic Encephalomyelitis	Non-alcoholic Fatty Liver Disease	Osteoarthritis	Osteoporosis	Parkinson Disease	Post-COVID Recovery Information	Success with Physical Activity	Weight Management
<b>Better Choices, Better Health® (BCBH®) Workshops</b>																	
Better Choices, Better Health®	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.
BCBH® - Chronic Pain	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.
<b>Chronic Conditions</b>																	
Arthritis: An Intro to Osteoarthritis	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.
Celiac Disease - Going Gluten Free <sup>1</sup>	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.
COPD - Breathing Matters	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.
Eating Well & Managing Irritable Bowel Syndrome	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.
Eating Well with Fatty Liver Disease	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.
Living with ME (CFS)	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.
Osteoporosis and Bone Health	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.
Your Kidney Health	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.
<b>Chronic Pain</b>																	
Fibromyalgia: Fact & Function	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.
Pacing for People with Chronic Pain	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.
Pain Neuroscience Education	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.
<b>Diabetes &amp; Prediabetes</b>																	
Glycemic Index	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.
Tips for Eating: Diabetes & Prediabetes <sup>1,2</sup>	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.
<b>Emotional Wellness</b>																	
Living Well with Stress	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.
Managing Emotional Eating	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.
Trying a Little Self-Kindness	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.
Understanding the Experience of Grief	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.
<b>General Health</b>																	
Conserving Your Energy	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.
Eating Well for Good Health <sup>1,2</sup>	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.
Eating Well When Fatigued	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.
Food Label Reading	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.
Mediterranean Style Eating for Health	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.
The 4 P's of Eating Healthy: Cooking Edition	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.
Waking Up to a Healthy Sleep	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.
<b>Health Planning</b>																	
Planning for the Future - Health Decisions Matter	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.
<b>Heart Health</b>																	
Dietitian Q&A: Heart Health	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.
Heart Healthy Eating <sup>1,2</sup>	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.
<b>Parkinson Disease</b>																	
Parkinson's 101	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.
Parkinson's Medication Information	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.
Parkinson's Speech & Swallowing Disorders	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.
Planning for the Future with Movement Disorders	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.
<b>Success with Physical Activity</b>																	
Get Active, Stay Active	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.
Planning for Success with Exercise	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.
Steady on Your Feet	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.
<b>Weight Management</b>																	
Dietitian Q&A: Weight Management	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.
Nutrition: Eating Away from Home	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.
Nutrition: Eating Well for Weight & Health (Part 1)	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.
Nutrition: Eating Well for Weight & Health (Part 2)	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.
Nutrition: The 4 P's for Meal Planning	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.
Stop Dieting Forever: An Intro to Intuitive Eating	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.
<b>Zoom Basics</b>																	
Zoom Basics (only for AHLP program participants)	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.

**How to Register:**

1) Online at:  
<https://app.booking.ca/ahlp Calgarypub/>

2) Call our contact center at **403.943.2584** (Monday to Friday, 8:00 am to 4:00 pm).

Registration is open to Albertans over 18 years of age.

Participants **must** physically be in Alberta when attending the class.

<sup>1</sup> These classes are also offered in Punjabi. Call **403.955.6856** to register in Punjabi.

<sup>2</sup> These classes are also offered in Cantonese and Mandarin. Call **403.955.6857** to register in either Cantonese or Mandarin.