



POWER UP YOUR HEALTH

ALBERTA HEALTHY LIVING PROGRAM- CALGARY ZONE NEWSLETTER



Live your Best Life

Live your best life with a chronic condition

Chronic pain affects nearly one in three Canadians ages 65 and older, and this number is expected to rise. We recognize that, while the story behind your chronic pain might differ from that of somebody else who lives with the same condition as you do, the physical, mental, and social impact this pain might have on your life might be shared.

Better Choices, Better Health® has helped thousands of Albertans live better lives with chronic pain or another chronic condition. These six-week workshops are taught by facilitators who often live with chronic pain themselves. You will learn about several self-management tools, like:

- Healthy eating for chronic pain
- Safe exercise and physical activity
- Communicating about pain with our loved ones or our healthcare team
- Managing time and identifying values for pacing
- Healthy sleep habits
- Solving problems and making decisions
- Dealing with depression and difficult emotions
- Relaxation techniques and mental distraction
- Making pain diaries

You will also get a better understanding of what pain is and will learn how to make weekly action plans that can help you take charge of your life in a way that is meaningful to you.

Workshops are available online or in person. Visit ahs.ca/bcbh to find a workshop that works for your schedule.



Let's Get Moving

Let's Move, Alberta

In most cases, staying active is one of the best things you can do to manage your health condition. June 3 is National Health and Fitness Day – a day where Canadians are encouraged to get outside, get moving, and use the benefits of exercise to **take charge** of their health.

Our supervised exercise program has helped Albertans living with chronic (long-term) conditions like arthritis, osteoporosis, heart disease, obesity, diabetes, and others. Participation in our exercise program begins with an initial assessment with one of our Wellness Navigators. Our Wellness Navigators are healthcare professionals, and they can help you:

- Develop an exercise plan to help you reach your goals.
- Develop strategies to identify and address barriers to exercise.
- Access other Alberta Healthy Living Program services that can help you reach your goals, like free virtual or in-person group exercise classes, health education classes, or self-management workshops.

Learn more or register by calling 1-844-527-1160.



Fuel your body right. We can show you how.

Your body is like a car. If you put the wrong kind of fuel into your car, your car will not run in the way that you want it to, and you might get stuck on the side of a highway. In your body's case, food is your gasoline, and choosing the right food can affect your energy levels, mood, pain, heart and bone health, body weight, blood pressure, and organ function. If you live with a health condition like diabetes, irritable bowel disease (IBS), celiac disease, or fatty liver disease, you may need to pay particular attention to your food choices.

Our registered dietitians offer several general and condition-specific classes that can help you make food choices that can keep your body running at its best. If any of these classes are of interest to you, click on the class title to register.

- [Heart Healthy Eating](#) – Wed Jun 7 from 2:30 p.m. – 3:30 p.m. over Zoom
- [Managing Emotional Eating](#) – Wed Jun 7 & 14 from 6 p.m. – 8:30 p.m. over Zoom
- [The 4 P's for Meal Planning](#) – Wed Jun 8 from 2:30 p.m. – 3:30 p.m. over Zoom
- [Tips for Eating: Prediabetes & Diabetes](#) – Fri Jun 9 from 1:30 p.m. – 3:30 p.m. by phone
- [Understanding Food Labels](#) – Thu Jun 15 from 1:30 p.m. – 2:30 p.m. over Zoom
- [Eating Well and Managing Irritable Bowel Syndrome](#) - Fri Jun 16 from 9:30 a.m. - 10:30 a.m. by phone

The Alberta Healthy Living Program offers more than 50 general and condition-specific classes on several topics. If you do not see the class that you're looking for here, use our [Find Workshops and Classes tool](#) to find the classes that best suit your needs.

Join us in person for any of these classes.

Click on the class title to register.

- [Understanding the Experience of Grief](#) - Sat Jun 10 from 1 p.m. - 3 p.m. at Shawnessy Library
- [Your Kidney Health](#) - Tue Jun 13 from 9:30 a.m. - 11:30 a.m. at Crowfoot Library
- [Healthy Sleep Habits](#) - Thu Jun 15 from 1:30 p.m. - 3 p.m. at Bowness Library
- [Try a Little Self-Kindness: Motivating with Self-Compassion](#) - Tue Jun 20 from 2:15 p.m. - 4:45 p.m. at Louise Riley Library
- [Eating Well for Weight & Health](#) - Tue Jun 20 from 6:30 p.m. - 7:30 p.m. at Shawnessy Library
- [Better Choices, Better Health® - Chronic Pain](#) - Thu Jun 22, 29, Jul 6, 13, 20 & 27 from 1 p.m. - 3:30 p.m. at East Calgary Health Centre
- [Living Well with Stress](#) - Wed Jun 28 & Jul 5 from 1 p.m. - 3:30 p.m. at Quarry Park Library
- Classes in Punjabi (ਪੰਜਾਬੀ) - ***Note: These classes are drop-in. No registration is required.**
 - Heart Healthy Eating – Thu Jun 15 from 9:30 a.m. – 11:30 a.m. at Saddle Towne Library
 - Tips for Eating: Prediabetes & Diabetes - Thu Jun 29 from 1:30 p.m. – 3:30 p.m. at Saddle Towne Library