



Current Class Schedule Guide - Central Zone April 1—June 30, 2023

The following classes are being offered by phone and/or over Zoom.
Registration is **NOW OPEN** for these sessions.

- * Adult Weight Management - Levels 1, 2, 3
- * Adult Weight Management - Introduction to Bariatric Surgery
- * Better Choices, Better Health
- * Chronic Pain—Better Choices, Better Health
- * Diabetes the Basics
- * Heart Wise
- * Managing Emotional Eating
- * Staying Strong and Healthy as We Age
- * Eating Well and Managing Irritable Bowel Syndrome
- * Heart Health: Eating to Improve Cholesterol and Triglycerides
- * Heart Health: Eating to Improve Blood Pressure
- * Minding Stress
- * Moving Matters
- * Nutrition: Eating Away from Home
- * Nutrition: 4P's for Meal Planning
- * Nutrition Labels: Reading Between the Lines
- * Intuitive Eating
- * Sleep Well
- * Supervised Exercise - Information Session
- * Celiac Disease—Going Gluten Free
- * Tips for Eating: Prediabetes and Diabetes
- * Support Weekly Action Team—SWAT

For the most up-to date detailed class information please check our

“Central Zone Workshop Guide” link at

<https://www.albertahealthservices.ca/assets/programs/ps-cdm-central-catalogue.pdf>

Our phone lines are open 7:45 a.m. - 4:30 p.m. Monday to Friday.

and 7:45 a.m. - 8:00 p.m. Tuesday, Wednesday & Thursday

To register for Online Classes call: 1-877-314-6997

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

Rev: March 8, 2023

Adult Weight Management - Level 1

Session Date	Days	Time	Location
Apr 6, 13, 20	Thurs	1:00-3:30 PM	Zoom class
Apr 10, 17, 24	Mon	5:30—8:00 PM	Zoom class
Apr 18, 25, May 2	Tues	9:00-11:30 AM	Zoom class
May 2, 9, 16	Tues	1:00-3:30 PM	Zoom class
May 11, 18, 25	Thurs	5:30-8:00 PM	Zoom class
May 16, 23, 30	Tues	9:00-11:30 AM	Zoom Class
May 29, June 5, 12	Mon	1:00-3:30 PM	Zoom Class
June 9, 16, 23	Fri	9:00-11:30 AM	Zoom Class
June 13, 20, 27	Tues	5:30-8:00 PM	Zoom Class

Adult Weight Management - Level 2

*Adult Weight Management Level 1 is a pre-requisite to Level 2.

Session Date	Days	Time	Location
Apr 12, 19, 26	Wed	9:00-11:30 AM	Zoom class
Jun 1, 8, 15	Thurs	5:30-8:00 PM	Zoom class

Adult Weight Management - Level 3

*Adult Weight Management Level 2 is a pre-requisite to Level 3.

Session Date	Days	Time	Location
May 3, 10	Wed	9:00-11:30 AM	Zoom class
Jun 22, 29	Thurs	5:30-8:00 PM	Zoom class

Adult Weight Management: Introduction to Bariatric Surgery

Session Date	Days	Time	Location
May 17	Wed	9:00-11:30 AM	Zoom class

Support Weekly Action Team

*Participation in any other AHLP class is a pre-requisite to SWAT

Session Date	Days	Time	Location
April 7	Fri	12:00-1:00 PM	Zoom class
April 14	Fri	12:00-1:00 PM	Zoom class
April 21	Fri	12:00-1:00 PM	Zoom class
April 28	Fri	12:00-1:00 PM	Zoom class
May 5	Fri	12:00-1:00 PM	Zoom class
May 12	Fri	12:00-1:00 PM	Zoom Class
May 19	Fri	12:00-1:00 PM	Zoom Class
May 26	Fri	12:00-1:00 PM	Zoom Class
June 2	Fri	12:00-1:00 PM	Zoom Class
June 9	Fri	12:00-1:00 PM	Zoom Class
June 16	Fri	12:00-1:00 PM	Zoom Class
June 23	Fri	12:00-1:00 PM	Zoom Class

Better Choices, Better Health

Session Date	Days	Time	Location
Apr 12, 19, 26, May 3, 10, 17	Wed	1:00-3:30 PM	Zoom Class
May 25, June 1, 8, 15, 22, 29	Thurs	9:00-11:30 AM	Zoom Class

Chronic Pain - Better Choices, Better Health

Session Date	Days	Time	Location
May 1, 8, 15, 29 June 5, 12	Mon	1:00-3:30 PM	Zoom class

Diabetes: The Basics

Session Date	Days	Time	Location
Apr 3, 10, 17, 24	Mon	1:00-3:30 PM	Zoom class
Apr 14, 21, 28 May 5	Fri	9:00-11:30 AM	Zoom class
Apr 26, May 3, 10, 17	Wed	5:30-8:00 PM	Zoom class
May 2, 9, 16, 23	Tues	1:00-3:30 PM	Zoom class
May 16, 23, 30, Jun 6	Tues	9:00-11:30 AM	Zoom class
May 24, 26, 31, June 2 (condensed)	Wed/Fri	9:00-11:30 AM	Zoom class
June 5, 12, 19, 26	Mon	5:30-8:00 PM	Zoom class
Jun 13, 20, 27, July 4	Tues	1:00-3:30 PM	Zoom class
June 28, July 5, 12, 19	Wed	1:00-3:30 PM	Zoom class

Heart Wise

Session Date	Days	Time	Location
Apr 4, 11, 18, 25	Tues	1:00-3:30 PM	Zoom class
Apr 18, 25, May 2, 9	Tues	5:30-8:00 PM	Zoom class
May 1, 8, 15, 29	Mon	5:30-8:00 PM	Zoom class
May 18, 25, Jun 1, 8	Thurs	9:00-11:30 AM	Zoom class
May 24, 31, June 7, 14	Wed	1:00-3:30 PM	Zoom class
May 31, Jun 7, 14, 21	Wed	5:30-8:00 PM	Zoom class
Jun 6, 13, 20, 27	Tues	9:00-11:30 AM	Zoom class
June 22, 29, Jul 6, 13	Thurs	1:00-3:30 PM	Zoom class

Minding Stress

Session Date	Days	Time	Location
Apr 27, May 4	Thurs	9:00-11:30	Zoom class

Moving Matters

Session Date	Days	Time	Location
May 24	Wed	5:30-8:00 PM	Zoom class

Sleep Well

Session Date	Days	Time	Location
May 11	Thurs	1:00-3:30 PM	Zoom class
June 28	Wed	5:50-8:00 PM	Zoom class

Supervised Exercise - Information Session

Session Date	Days	Time	Location
Please contact AHLP for dates and times for this class.			

Nutrition: 4 P's for Meal Planning

Session Date	Days	Time	Location
Apr 19	Thurs	12:00-1:00 PM	Zoom class
May 24	Wed	6:00-7:00 PM	Zoom class
June 29	Thurs	12:00-1:00 PM	Zoom class

Managing Emotional Eating

Session Date	Days	Time	Location
May 1, 8, 15	Mon	9:00-11:30 AM	Zoom class

Nutrition: Staying Strong & Healthy as We Age

Session Date	Days	Time	Location
May 19	Fri	9:00-11:30 AM	Zoom class

Nutrition: Eating Away From Home

Session Date	Days	Time	Location
June 20	Tues	6:00-7:00 PM	Zoom class

Nutrition Labels: Reading Between the Lines

Session Date	Days	Time	Location
Apr 19	Wed	6:00-7:00 PM	Zoom class
May 11	Thurs	12:00-1:00 PM	Zoom class
June 6	Tues	6:00-7:00 PM	Zoom class

Celiac Disease—Going Gluten Free

Session Date	Days	Time	Location
April 5	Wed	9:00-10:00 AM	Zoom class
May 8	Mon	1:00-2:00 PM	Zoom class
June 7	Wed	9:00-10:00 AM	Zoom class

Intuitive Eating

Session Date	Days	Time	Location
Apr 6, 13, 20	Thurs	5:30-7:00 PM	Zoom class
June 7, 14, 21	Wed	1:00-2:30 PM	Zoom class

Eating Well and Managing Irritable Bowel Syndrome

Session Date	Days	Time	Location
April 3	Wed	1:00-2:00 PM	Zoom class
May 9	Tues	9:00-10:00 AM	Zoom class
June 6	Tues	1:00-2:00 PM	Zoom class

Heart Health: Eating to Improve Cholesterol and Triglycerides

Session Date	Days	Time	Location
April 13	Thurs	9:00-10:00 AM	Zoom class
May 8	Mon	6:00-7:00 PM	Zoom class
June 14	Wed	1:00-2:00 PM	Zoom class

Tips for Eating: Prediabetes and Diabetes

Session Date	Days	Time	Location
June 20	Tues	12:00-1:00 PM	Zoom class