

June 2023 Workshops for Adults by ZOOM

Morning, afternoon or evening classes available. Classes are 2.5 hours long

Weight Management

Learn effective weight management; how to build healthier habits, and the ways that thinking patterns, sleep, physical activity, and nutrition impact your goals.

Series 3 Classes

June 28 & July 5

Wed Evenings 5:30pm to 8pm

Series 1 Classes

Jun 13, 20, & 27

Tues Evenings 5:30pm to 8pm

Series 2 Classes

Jun 7, 14, & 21

Wed Evenings 5:30pm to 8pm

Heart & Stroke

Managing Blood Pressure & Cholesterol

Learn to manage your risks for heart disease and stroke.

Part 1

Jun 5 Mon Evening 5:30pm to 8pm

Jun 13 Tues Morning 9:30am to 12pm

Jun 22 Thurs Afternoon 1:30pm to 4pm

Jun 28 Wed Evening 5:30pm to 8pm

Part 2

Jun 12 Mon Evening 5:30pm to 8pm

Jun 20 Tues Morning 9:30am to 12pm

Jun 29 Thurs Afternoon 1:30pm to 4pm

Better Choices Better Health®

6 week workshop for Chronic Pain

Learn about pain and things you can do to live better.

Tuesday Afternoons

12:30pm to 3:00pm

May 23 to June 27

More classes to be determined

Managing Diabetes

A 3 session workshop for those newly diagnosed with diabetes or pre-diabetes, as well as a refresher for those continuing to manage their diabetes.

Part 1

Jun 6 & 13 Tues Evenings 5:30pm to 8pm

Jun 9 & 16 Fri Mornings 9:30am to 12pm

Jun 12 & 19 Mon Afternoons 1:30pm to 4pm

Jun 22 & 29 Thurs Evenings 5:30pm to 8pm

Part 2

June 7 Wed Evenings 5:30pm to 8pm

Jun 20 Tues Evening 5:30pm to 8pm

Jun 23 Mon Afternoon 1:30pm to 4pm

Managing Stress

A 2 part series learning techniques to reduce, prevent & cope with stress

June 15 & 22
Thurs Afternoons
1:30pm to 4:00pm

Better Choices Better Health®

Take control of your health, feel better, take small steps, plan for the future. 6 class workshop.

May 26 to June 30
Fri Mornings 9:30 am to 12:00 pm

Moving Matters

Learn to exercise safely, overcome barriers and stay motivated. Set a goal and get started!

June 7 Wed Afternoon 1:30pm to 4:00pm

Understanding COPD

Understand what COPD is and how you can manage well.
Classes to be announced soon!

Supervised Exercise - done virtually!

2 times per week, 1.5 hours session, for 6 weeks
Classes to be announced soon!

[Register Here](#)

Be Supported on your Journey to Better Health – right from Home!

To register for a Zoom class call: **1-877-349-5711**
Or <https://www.healthylivingprogram.ca>

