

July 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 1

July 5, 12, & 19

Wed Mornings - 9:30am-12pm

Series 2

July 12, 19, & 26

Wed Afternoons - 1:30pm-4pm

Heart & Stroke

Managing Blood Pressure & Cholesterol; how to manage your risks for heart disease and stroke.

Overview & Prevention

July 6 - Thurs Evening - 5:30pm-8pm

July 19 - Wed Morning - 9:30am-12pm

Nutrition for Heart & Stroke Health

July 13 - Thurs Evening - 5:30pm-8pm

July 26 - Wed Morning - 9:30am-12pm

Better Choices Better Health® 6 week workshop for Chronic Pain

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

July 20 to Aug 24

Thurs Evenings
6 pm to 8:30 pm

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.

Overview

July 5 - Wed Afternoon - 1:30pm-4pm

July 20 - Thurs Morning - 9:30am-12pm

Nutrition

Jul 19 - Wed Afternoon - 1:30pm-4pm

Living with Diabetes

July 12 - Wed Afternoon - 1:30pm-4pm

July 27 - Thurs Morning - 9:30am-12pm

Managing Stress

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

July 6 & 13
Thurs Mornings
9:30 am - 12 pm

Better Choices Better Health®

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

July 12 to Aug 16
Wed Mornings - 9:30am-12pm

Moving Matters

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

July 5 - Wed Afternoon - 1:30pm-4pm

Understanding COPD

Understand what COPD is and how you can manage well and continue to live your best life
Classes to be announced soon!

Supervised Exercise - done virtually!

2 times per week, 1.5 hours session, for 6 weeks

Classes to be determined

[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**](https://www.healthylivingprogram.ca)

