

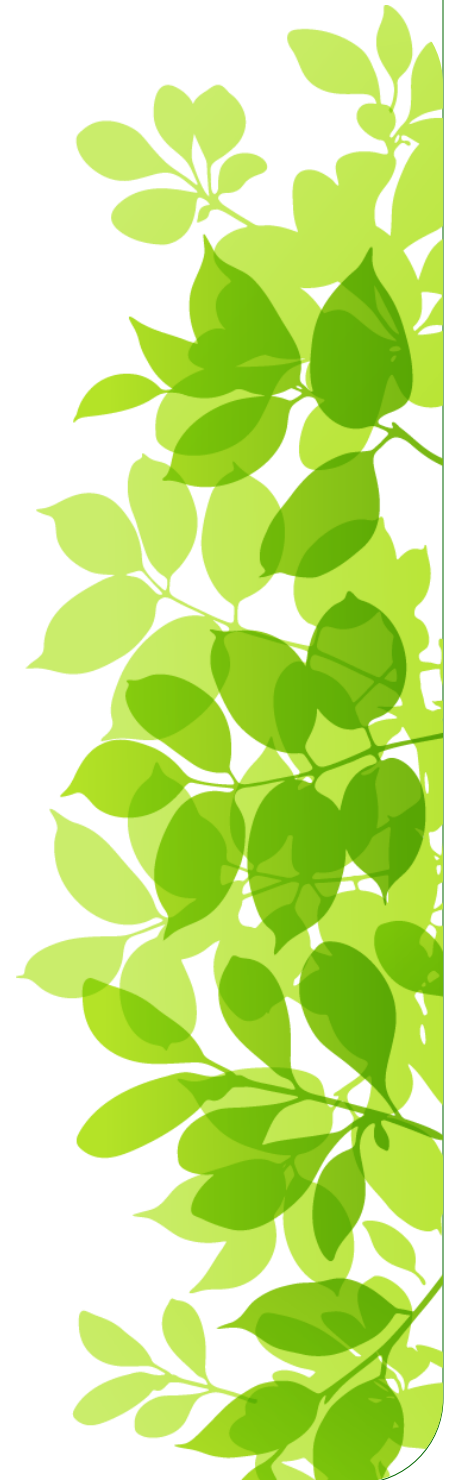
Education that supports your health and your life

North Zone 2018 Workshop Guide

The Alberta Healthy Living Program (AHLP) offers free workshops to help you better manage chronic conditions.



Chronic Disease
Management



Find the right workshop

This tool will help you find other workshops in this guide based on your interests or chronic conditions. For more information, check out the workshop descriptions or visit: <https://www.albertahealthservices.ca/info/page13984.aspx>

Workshop name	CHRONIC PAIN	DIABETES	HEART HEALTH	HEALTHY LIVING	PHYSICAL ACTIVITY	BREATHING CONCERNS	WEIGHT MGMT	STRESS
Better Choices, Better Health®	✓	✓	✓	✓	✓	✓	✓	✓
Eating Away from Home and During Special Occasions		✓	✓	✓			✓	
Getting Started: Planning for Success							✓	
Heart Wise: Managing Cholesterol and Blood Pressure		✓	✓	✓				
I Know I Should Eat Healthy, But How?		✓	✓	✓			✓	
Lifestyle Change: A Toolkit for Success	✓	✓	✓	✓	✓	✓	✓	✓
Managing Diabetes		✓						✓
Managing Emotional Eating		✓	✓	✓			✓	✓
Minding Stress: Effectively Reduce and Manage the Stress in Your Life	✓	✓	✓	✓	✓	✓	✓	✓
Moving Matters: Including Physical Activity in your Day	✓	✓	✓	✓	✓	✓	✓	✓
Supervised Exercise	✓	✓	✓	✓	✓	✓	✓	✓
The Five Top Tips to Reduce Calories		✓	✓	✓			✓	
The Truth About What Works in Weight Management		✓	✓	✓			✓	

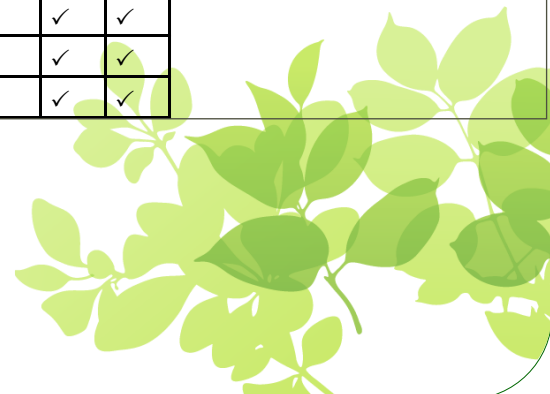
Find the right workshop

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	Better Choices, Better Health®	Eating away from home...	Getting Started: Planning for Success	Heart Wise...	I Know I Should Eat Healthy, But How?	Lifestyle Change...	Managing Emotional Eating	Managing Diabetes	Minding Stress	Moving Matters	Supervised Exercise	The Five Top Tips to Reduce...	The Truth about What Works
Athabasca	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Barrhead	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Bonnyville	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Cold Lake	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Edson	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Grande Cache	✓												
Grande Prairie	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Grimshaw	✓								✓				
High Prairie		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Hinton	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Jasper		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Manning		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Mayerthorpe		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
McLennan				✓			✓						
Peace River	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Slave Lake	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
St. Paul	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Valleyview	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Westlock	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Whitecourt	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓



Chronic Disease Management





Education empowers you

The Alberta Healthy Living Program (AHLP) helps you discover changes—big or small—that will help you live healthier and learn to confidently manage your health.

It could be small changes, such as watching what and how much you eat or by adding physical activity to your day. Or, it could be big changes that involve understanding your emotions and how they can affect your health.

Who it's for

AHLP workshops are for Albertans interested in learning how to manage long term health conditions.

Family, friends and caregivers are also welcome to attend.

We recommend participants are:

- Capable of participating in group settings
- Able to understand basic English
- At least 18 years of age or older

Learn to live healthier

Workshops in this guide are designed to help you learn how to manage chronic conditions and live healthier. Workshops vary by community, but in general, cover:

- Disease-specific education for conditions such as diabetes, obesity, high blood pressure and more
- General health topics such as nutrition, reducing stress and sleeping well
- Supervised exercise programs

Workshops are led by healthcare professionals including health educators, registered dietitians, registered nurses and exercise specialists. Find out which workshops may be for you using our navigation tool on page 2.

Better Choices Better Health®



Sessions

6

Length

2 1/2 hours

Who it's for

Anyone living with:

- Diabetes
- Chronic pain
- Heart disease
- Arthritis
- Breathing concerns
- Depression/anxiety
- Weight management
- Cancer
- HIV
- Fibromyalgia
- Similar long term health conditions.

Description

Nutrition, physical activity and stress affect your life, especially when you're living with ongoing health concerns. These workshops will help you discover changes and strategies to help you live healthier.*

Topics include:

- Overcoming the physical and emotional challenges of living with chronic conditions
- Managing pain, fatigue and stress
- Making positive nutrition and active living choices
- Setting personal goals and acting on your plans.

*This education is originally based on Stanford University's Chronic Disease Self Management Program.



Available online

You can join this workshop from any computer with an Internet connection, including dial-up. Easy-to-follow interactive sessions are posted weekly for six weeks and require about 2-2½ hours a week at your convenience. You can choose to remain anonymous. To register, visit betterchoicesbetterhealth.ca/online.

Eating Away from Home and During Special Occasions

Sessions

1

Length

2 1/2 hours

Who it's for

Anyone looking for tips and strategies to prevent overeating while away from home or during special occasions.

Description

Food is often central to holidays, parties and special occasions. It also tends to be higher in calories, fat or sugar and can lead to overeating and weight gain.

Topics Include:

- How buffets, parties, vacations and holiday eating can affect how much you eat.
- Strategies to reduce overeating when you're away from home and during special occasions.

Getting Started: Planning for Success

Sessions

1

Length

2 1/2 hours

In this workshop, you will learn what obesity is and how it may be affecting your life.

How simple tools such as planning ahead, recording what you eat and how you feel can help you lose weight and stay healthy.

Who it's for

Anyone who would like to learn more about the benefits of maintaining a healthy weight and how to build a plan to reach weight loss goals.

Description

Planning ahead and setting realistic health and weight loss goals can help you create lasting change.

Topics Include:

- What obesity is, what causes it and treatment options such as bariatric surgery.
- How obesity affects your life and health
- How to record what you eat, how active you are and how you feel emotionally.



Heart Wise: Managing Cholesterol and Blood Pressure

Sessions

1

Length

3 hours

In this workshop, offered in collaboration with AHS Nutrition Services, you will learn what affects your blood pressure and cholesterol level and what you can do about it.

Who it's for

Anyone with high blood pressure and/or cholesterol and would like to learn how to lower them.

Description

Maintaining a healthy blood pressure and cholesterol level reduce your risk of heart disease, stroke, kidney failure and many other illnesses.

Topics Include:

- What blood pressure and cholesterol are
- Life and nutrition choices that may affect them
- How to create a plan to improve your levels.



Take the test

Find out your risk of heart disease with MyHealth Alberta's online quiz at <http://bit.ly/1Vs29zp>

I Know I Should Eat Healthy, But How?

Sessions

1

Length

2 1/2 hours

When you plan and prepare meals ahead, you're more likely to eat nutritious foods, develop new, healthy habits and save money.

Who it's for

Anyone who would like to learn how to form healthy eating habits.

In this workshop, taught by a registered dietitian, you will learn tips and strategies for planning and preparing food that will help you eat healthier.

Description

Eating healthy foods can reduce the risk of obesity, heart disease, Type 2 diabetes, joint pain and many other conditions.

Topics Include:

- How to put your nutrition knowledge into practice.
- The 4 P's: Plan, Purchase, Prepare and Pack.

Lifestyle Change: A Toolkit for Success

Sessions

1

Length

2 1/2 hours

Topics Include:

- How to make and keep healthy lifestyle changes
- Strategies such as prioritizing, journaling, problem-solving, thinking skills and goal-setting.

Who it's for

Anyone who would like to learn what healthy lifestyle changes look like and how to keep them.

Description

Habits can influence the choices you make when it comes to your health. Learning new ways of thinking and forming new habits can help maintain healthy lifestyle changes such as eating healthier or getting exercise.

Managing Diabetes

Sessions Length

One 6 1/2 hour class + 2 1/2 hour followup

Or

Three 2 1/2 hour classes + 2 1/2 hour followup

Call 1-877-349-577 for offerings in your community

Description

Nutrition, physical activity and stress can affect diabetes management. These workshops will help you learn about diabetes and effective strategies that help manage it.

Topics Include:

Who it's for

- Anyone at risk for developing diabetes
- Anyone diagnosed with pre-diabetes or Type 2 diabetes

- What diabetes is
 - The importance of monitoring blood sugar and other tests
 - How foods affect blood sugar
 - How to read food labels and meal plan
 - Tips for travelling, or when you are sick
 - The benefits of keeping active
 - Why and how to take care of your feet
- 

Managing Emotional Eating

Sessions

3

Length

2 1/2 hours

Who it's for

Anyone who wants to help improving their eating habits.

Description

What you eat, how you eat, and how much you eat are all part of your eating habits. Shaping them begins with understanding your triggers and relationships with food. In these workshops, you'll learn how you can form better eating habits that last a lifetime.

Topics Include:

- Food triggers, such as emotions, situations and events, and cravings
- Strategies for long-term, healthy eating habits
- How to form a healthy relationship with food.

Managing Stress: Effectively Reduce and Manage the Stress in your Life

Sessions

2

Length

2 1/2 hours

It can also reduce your risk of developing a range of disorders such as hypertension, type 2 diabetes, obesity and irritable bowel syndrome.

Who it's for

Anyone who feels stress and would like to learn how to reduce or prevent it.

Description

Many things can cause stress. It can stem from your job, health, a conflict of belief, or major life change. Learning how to reduce or prevent stress can help you manage chronic conditions and improve mental health.

Topics Include:

- What stress is
- What causes stress and how it can affect your life
- Mindful eating



Moving Matters: Including Physical Activity in your Day

Sessions

1

Length

2 1/2 hours

Who it's for

Anyone looking to learn more about physical activity and how to include it in their day.

Description

Physical activity is any activity that's part of your daily life. It can include simple things like cleaning, shoveling snow, taking the stairs and carrying groceries. Including more physical activity in your day can help maintain a healthy weight and better manage chronic conditions.

In this workshop, you will learn about physical activity and how to include it in your day.

Topics Include:

- Benefits and barriers to getting active
- Tips on how to increase your physical activity
- How to set personal activity goals.



How much activity do I need?

Adults need 150 minutes of moderate to vigorous activity each week and kids need 60 minutes or more per day. Moderate activity means your breathing and heart rate are higher than normal and you may be sweating



Supervised Exercise Program

Sessions

2 times per week for 8 weeks

Exercise program is available in the communities of Grande Prairie, Grimshaw, High Prairie, Peace River and Slave Lake.

Who it's for

For individuals with one or more chronic conditions interested in learning how to exercise safely and experience the health benefits.

Description

Exercise can help you manage chronic conditions and stay healthy. Learning to do it safely will help prevent injury and stay on track for living healthy.

Length

1 1/2 hours

In this program, you will:

- Learn to use equipment safely in a community gym
- Learn how to self-monitor and stay safe while exercising
- Improve your strength, flexibility and endurance
- Have a one-on-one initial assessment (scheduled 1-2 weeks prior to the start of the program)
- Participate in exercise classes under the guidance of an exercise specialist.
- Have an assessment after completing the program



The Five Top Tips to Reduce Calories



Sessions

1

Length

2 1/2 hours

Who it's for

Anyone who would like to learn how to safely reduce their calorie intake and maintain a healthy weight.

Description

The amount of calories you need in a day depends on how active you are, your gender, and also your age. Eating or drinking more calories than you need can lead to weight gain and obesity. This workshop is taught by a registered dietician.

Topics Include:

- Five ways to safely lower your calorie intake.
- An opportunity to practice strategies in the workshop.



Calorie– burning tracker

Find out how many calories you burn by doing various activities with MyHealth Alberta's interactive tool at

<http://bit.ly/2v7gGgg>.

The Truth About What Works in Weight Management

Sessions

1

Length

2 1/2 hours

Who it's for

Anyone looking to learn more about how to achieve a healthy weight.

Description

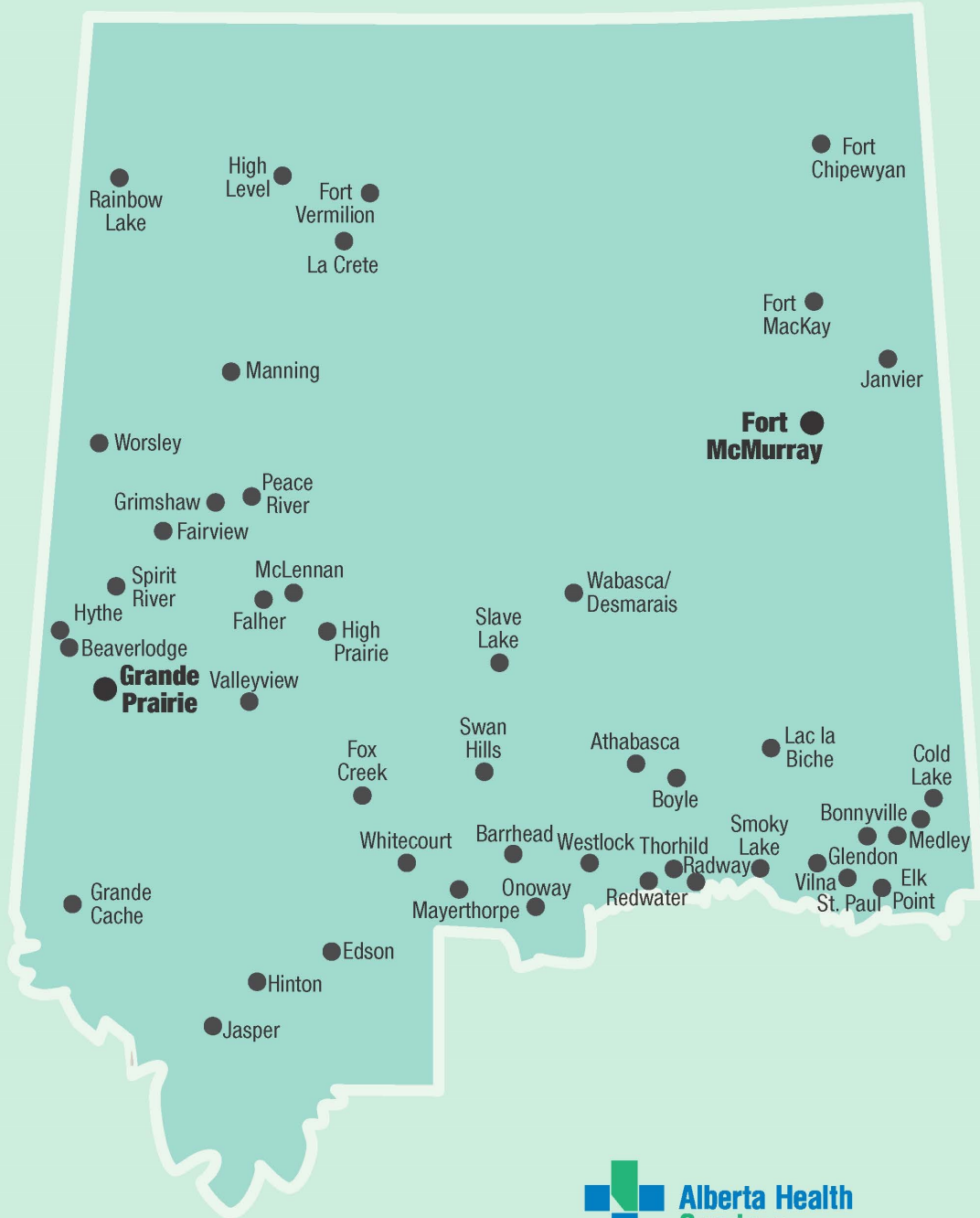
Maintaining a healthy weight is good for your health. It reduces your risk of heart disease, stroke, high blood pressure, colon cancer, breast cancer, Type 2 diabetes, gall bladder disease, joint pain and osteoarthritis.

In this workshop, you will learn what foods to eat and how much to eat to help you safely lower your calorie intake and maintain a healthy weight. This workshop is facilitated by a registered dietitian.

Topics Include:

- How to evaluate what you are eating and learn strategies that can help reduce calories.
- How meal patterns, food choices, and portion sizes affect calorie intake.
- Which foods can help you manage your weight.

Alberta Health Services North Zone Map



➤ Workshops are free. To register, call 1-877-349-5711

ahs.ca/cdmnorthzone

