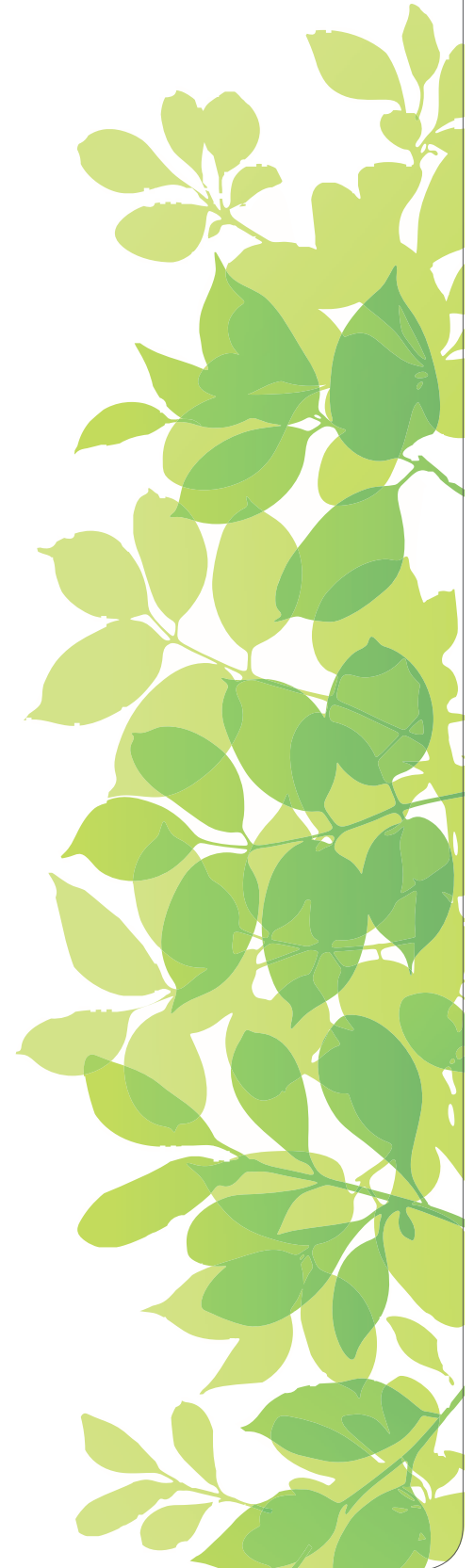


# Education that supports your health and your life

## Central Zone • Fall 2017 Workshop Guide

The Alberta Healthy Living Program (AHLP) offers free workshops and one-on-one sessions to help you better manage chronic conditions





# Education empowers you

You can live healthier by learning what changes can help you feel better and more confident about managing chronic conditions.

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

The AHLP helps you discover changes—big or small—that will help you live healthier and learn to confidently manage your health.

## Who it's for

AHLP workshops are for Albertans interested in learning how to manage chronic 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 14.

**➤ Workshop times and locations vary by community and are subject to change. For more information and to register call 1-877-314-6997.**



## Better Choices, Better Health®

### Sessions

6

### Length

2½ hours each

### Who it's for

Anyone living with:

- Diabetes
- Chronic pain
- Heart disease
- Arthritis
- Breathing concerns
- Depression/anxiety
- Weight management
- Cancer
- HIV
- Fibromyalgia
- Similar chronic 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](http://betterchoicesbetterhealth.ca/online).

## Craving Change™

### Sessions

3

### Who it's for

Anyone who wants help improving their eating habits.

### Length

2½ hours each

### 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, events and cravings
- Strategies for long-term, healthy eating habits
- How to form a healthy relationship with food.

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## Diabetes: The Basics

### Sessions

Two options available:

- 4  
Or
- 2

### Who it's for

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

### Length

- 2½ hours each
- One 6½-hour session (please bring a lunch) and one 2½-hour session

### 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:

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



### Take the test

To determine your risk of developing diabetes, take this fast and easy online test at [take2minutes.ca](https://take2minutes.ca).



## Eating Away From Home and During Special Occasions

### Sessions

1

### Length

2½ 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. In this workshop, facilitated by a registered dietitian, you will learn how these occasions can affect what you eat and how much you eat. You'll leave with strategies to help prevent overeating.

Topics include:

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

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## Getting Started: Planning for Success

### Sessions

1

### Length

2½ hours

### 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. 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.

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

### 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. 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 to manage them.

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>.

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## I Know I Should Eat Healthy, But How?

### Sessions

1

### Length

2½ hours

### Who it's for

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

### Description

Eating healthy foods can reduce the risk of obesity, heart disease, Type 2 diabetes, joint pain and many other conditions. When you plan and prepare meals ahead, you're more likely to eat nutritious foods, develop new, healthy habits and save money. 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.

Topics include:

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



## Lifestyle Change: A Toolkit for Success

### Sessions

1

### Length

2½ hours

### 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. In this workshop you will learn what healthy lifestyle changes look like and strategies to help you maintain them.

Topics include:

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

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

### Sessions

2

### Length

2½ hours each

### 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 conflicts in belief, or a major life change. Learning how to reduce or prevent stress can help you manage chronic conditions, improve mental health and reduce your risk of developing a range of disorders such as hypertension, Type 2 diabetes, obesity and irritable bowel syndrome. In this workshop you will learn more about stress, how to manage it and also how to practise mindful eating.

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

2½ 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, shovelling snow, taking the stairs and carrying groceries. Including more physical activity in your day can help you 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.

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## Ready for Change

### Sessions

1

### Length

1½ hours

### Who it's for

Anyone who would like to learn more about making healthy lifestyle choices to improve their health.

### Description

Living healthier starts with making positive, informed choices when it comes to things such as nutrition and physical activity. In this workshop, you will learn how to make changes to improve your health.

Topics include:

- Identifying healthy life choices
- Steps to making healthy life choices
- Ways to make changes that will work for you
- Small tips for making big changes.





## Respiratory Education

### Sessions

9

### Length

1 hour each

### Who it's for

Anyone who has been diagnosed with a chronic lung condition, such as Chronic Obstructive Pulmonary Disease (COPD).

### Description

COPD is caused by damage to the lungs from smoking and long-term exposure to chemical fumes, dust or air pollution. In this workshop you will learn more about COPD, what you can do to prevent more damage and tips to help you breathe easier.

Topics include:

- What is COPD
- Factors that affect COPD
- Helpful breathing techniques
- Common respiratory medications and devices.

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## Sleep Well

### Sessions

1

### Length

1½ hours

### Who it's for

Anyone who wants to sleep better.

### Description

Quality sleep refreshes the body and mind. It also helps us make better life choices and control food cravings. In this workshop, discover what quality sleep means, how it relates to your health and tips for better sleep.

Topics include:

- The link between quality sleep and good health
- Normal and abnormal sleep patterns
- Understanding your sleep habits
- Tips to help you sleep better.





## Stress Less

### Sessions

1

### Who it's for

Anyone who feels stress and is looking for ways to reduce or prevent it.

### Length

1-1½ hours

### Description

Stress can take many forms. Some signs include feeling overwhelmed, difficulty concentrating, changes in appetite, disrupted sleep, chest pain, headaches and more.

Some stress is good for you, but chronic, ongoing stress is not. In this workshop, you will learn how to manage stress to improve mental and physical health and reduce your risk of developing a range of disorders such as hypertension, Type 2 diabetes, obesity and irritable bowel syndrome.

Topics include:

- Different levels of stress
- How it affects your body
- Tips on how to reduce or prevent it.

## Supervised Exercise Information Session

### Sessions

1

### Length

1 hour

### Who it's for

Anyone looking to learn more about the Supervised Exercise Program and what to expect.

### Description

Learning what to expect and asking questions can help you feel more comfortable with exercising. In this workshop you will meet the program's exercise specialist, be able to ask questions and decide if the program is right for you.

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## Supervised Exercise Program

### Sessions

Sessions vary by community. Call 1-877-314-6997 for more information.

### Length

1-1½ hours

### Who it's for

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

**Note:** Find out if this program is for you by attending the information session listed above.

### Description

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

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 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

2½ 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. In this workshop, taught by a registered dietitian, you will learn ways to safely reduce your calorie intake and maintain a healthy weight.

Topics include:

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



### Calorie-burning tracker

Find out how many calories you burn by doing various activities with MyHealthAlberta's interactive tool at <http://bit.ly/2v7gGgg>.

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## The Truth About What Works in Weight Management

### Sessions

1

### Length

2½ 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 size affect calorie intake
- Which foods can help you manage your weight.



## Time to Move

### Sessions

1

### Length

1-1½ hours

### Who it's for

Anyone who would like to learn more about being active.

### Description

Physical activity and exercise benefit the mind and body and can help you manage chronic conditions. In this workshop you will learn what active living and exercise are and how to include them in your life.

Topics include:

- The difference between active living and exercise
- How regular exercise benefits your health
- How to include physical activity in your life
- Hands-on activity.

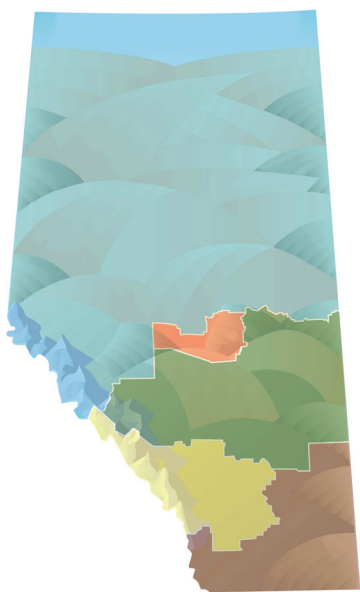


# Find the right workshop

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.

WORKSHOP	CHRONIC PAIN	DIABETES	HEART HEALTH	HEALTHY LIVING	PHYSICAL ACTIVITY	BREATHING CONCERNS	WEIGHT MGMT	STRESS
Better Choices, Better Health®	•	•	•	•	•	•	•	•
Craving Change™		•	•	•			•	•
Diabetes the Basics		•						•
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	•	•	•	•	•	•	•	•
Minding Stress: Effectively Reduce and Manage the Stress in Your Life	•	•	•	•	•	•	•	•
Moving Matters: Including Physical Activity in Your Day	•	•	•	•	•	•	•	•
Ready For Change	•	•	•	•	•	•	•	•
Respiratory Education						•		
Sleep Well	•	•	•	•	•	•	•	•
Stress Less	•	•	•	•	•	•	•	•
Supervised Exercise	•	•	•	•	•	•	•	•
The Five Top Tips to Reduce Calories		•	•	•			•	
The Truth About What Works in Weight Management		•	•	•			•	
Time to Move	•	•	•	•	•	•	•	•

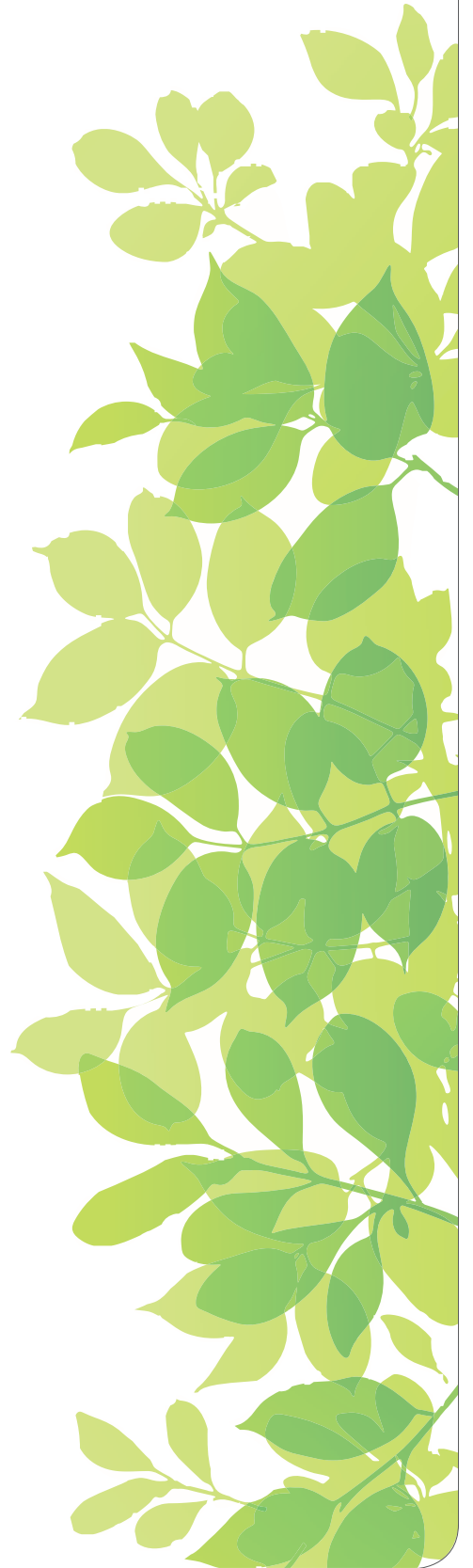




# Central Zone



**Alberta Healthy  
Living Program**



Chronic Disease  
Management