

Education that supports your health and your life

North Zone 2020-21 VIRTUAL Workshop Guide

The Alberta Healthy Living Program (AHLP) offers free workshops, to all communities in the North Zone, virtually (by ZOOM) to help people better manage their 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.

WORKSHOP NAME	PAIN	DIABETES	HEART HEALTH	HEALTHY LIVING	PHYSICAL ACTIVITY	BREATHING CONCERNS	WEIGHT MGMT	STRESS
Better Choices, Better Health®	✓	✓	✓	✓	✓	✓	✓	✓
Heart & Stroke: Managing Blood Pressure and Cholesterol		✓	✓	✓			✓	
Managing Diabetes		✓						✓
Managing Emotional Eating		✓	✓	✓			✓	✓
Minding Stress: Effectively Reduce and Manage the Stress in Your Life	✓	✓	✓	✓	✓	✓	✓	✓
Eating Well for Weight and Health: Pt 1		✓	✓	✓			✓	
Eating well for Weight and Health: Pt 2		✓	✓	✓			✓	
Getting Started: Planning for Success				✓	✓		✓	
Lifestyle Change: A Toolkit for Success	✓	✓	✓	✓	✓	✓	✓	✓
Eating Away from Home		✓	✓	✓			✓	
4 P's of Meal Planning								
Moving Matters: Including Physical Activity in your Day	✓	✓	✓	✓	✓	✓	✓	✓
Supervised Exercise	✓	✓	✓	✓	✓	✓	✓	✓





Education

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
- Have internet access and access to a computer, phone or tablet

Learn to live healthier

Workshops in this guide are designed to help you learn how to manage chronic conditions and live healthier. Workshops 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 3.

Workshop times vary. For more information and to register call 1-877-349-5711



Better Choices Better Health®

Workshop Information

6 workshops, 2.5 hours in length,
1 week apart

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 based on Stanford University's Chronic Disease Self Management Program.

Heart & Stroke Education: Managing Blood Pressure & Cholesterol

Workshop Information

2 workshops, 3 hours in length,
1 week apart.

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 about it.

Topics Include:

- What blood pressure and cholesterol are
- Life and nutrition choices that may affect them
- What can you do minimize your risks or prevent heart disease and stroke.

Managing Diabetes

Workshop Information

3 workshops, 3 hours in length,
1 week apart

Who it's for

- Anyone at risk for developing diabetes
- Anyone diagnosed with pre-diabetes or Type 2 diabetes
- Anyone who supports people living with Diabetes and wants to broaden their knowledge.

Description

This workshop will help you learn about diabetes and effective strategies to help manage it.

The workshop will help you to become more informed and learn how you can live a healthy life with diabetes.

Topics Include:

- What diabetes is
- The importance of monitoring blood sugar and other tests
- How foods affect blood sugar and other tests
- How to prevent or delay complications
- How foods affect blood sugar
- How to read food labels and meal plan
- Tips for travelling, getting a good night sleep and managing illness
- The benefits of keeping active
- Why and how to take care of your feet

Managing Emotional Eating

Workshop Information

3 workshops, 2 1/2 hours in length,
1 week apart

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.

Minding Stress: Effectively Reduce & Manage Stress in your Life

Workshop Information

2 workshops, 2 1/2 hours in length,
1 week apart

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.

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

Topics Include:

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



Eating Well for Weight and Health: Part 1



Workshop Information

1 workshop, 2 1/2 hours in length

Who it's for

Anyone who would like to learn more about eating well for weight and health

Description

Everybody's journey with weight and health is different. During this workshop we will discuss several different strategies and skills for eating well for health and can help your manage your weight

Topics Include:

- Where calories come from, and factors that influence calories needs.
- Choosing healthy drinks
- How to eat more foods with fiber and protein.
- Benefits of keeping a lifestyle journal and how you might start recording.

Eating Well for Weight and Health: Part 2

Workshop Information

1 workshop, 2 1/2 hours in length

Who it's for

Anyone who would like to learn more about eating well for weight and health.

Description

During this workshop we will continue to discuss different strategies and skills for eating well for health and can help you manage your weight. We will review and practice setting a goal for healthy lifestyle change

Topics Include:

- Making healthy food and drink choices
- How to be more aware of portions and the relationship between portions sizes and calories.
- When and how often to eat for health and weight.
- Why we eat and how we can become more aware of the reasons we eat.
- Goal setting for healthy lifestyle changes.

Getting Started: Planning for Success

Workshop Information

1 workshop, 2 1/2 hours in length

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.

Lifestyle Change: A Toolkit for Success

Workshop Information

1 workshop, 2 1/2 hours in length

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.

Topics Include:

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



Eating Away from Home

Workshop Information

1 workshop, 1 1/2 hours in length

Who it's for

Anyone looking for tips and strategies for managing calories when eating away from home and during special occasions.

Description

Eating food prepared outside the home can make it harder for us to reach our healthy eating goals. During this workshops we will explore common situations of eating outside the home.

You will have the opportunity to share your strategies, practice new skills and develop a plan to manage calories when eating away from home and during special occasions.

Topics Include:

- Challenges of eating food prepared outside of the home and how it can affect weight and health
- Managing eating out in different places

4 P's of Meal Planning

Workshop Information

1 workshop, 2 1/2 hours

Who it's for

Anyone who wants to gain skills in creating their own plan for healthy eating.

Description

During this workshop you will gain skills to create your own plan for healthy eating. We will look at things that may help you plan, and common barriers to meal planning.

You will put your knowledge and skills into practice by doing meal planning activities.

Topics Include:

- What meal planning is and how it can help you meet your nutrition goals for weight management
- 4 P's of meal planning: Plan, Purchase, Prepare and Pack
- What keeps us from meal planning and what can help us plan more often



Moving Matters: Including Physical Activity in your Day

Workshop Information

1 workshop, 2 1/2 hours in length

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 (Virtual)

Workshop Information

2 times per week, 1.5 hours each, for 8 weeks

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. Program is completed in peoples homes or other own space.

In this program, you will:

- 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 virtual exercise classes under the guidance of an exercise specialist.
- Have a post assessment appointment with the exercise therapist to discuss exercise experience and personal goals.

