



Hinton - Free Fall Workshops for Adults

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

All classes held at the Hinton Community Health Centre In-Service Room

Weight Management Workshops

All classes are Fridays 9:00am - 12:00pm

Getting Started - Planning for Success	Sep 06
Minding Stress Part 1	Sep 13
Minding Stress Part 2	Sep 20
Moving Matters - Including Physical Activity in your Day	Sep 27
Nutrition - The Top 5 Tips to Reduce Calories	Oct 04
Nutrition - The Truth about what works in Weight Management	Oct 11
Nutrition - I know I should Eat Healthy, but How?	Oct 18
Nutrition - Eating Away from Home and During Special Occasions	Oct 25
Lifestyle Change - A Toolkit for Success	Nov 01

Managing Emotional Eating

A 3 part workshop to increase understanding of emotional and mindful eating behaviours, and build skills to help manage them.

Oct 08	9:00am - 11:30am
Oct 15	9:00am - 11:30am
Oct 22	9:00am - 11:30am

A 3 part series - please plan to attend all 3 sessions.

Better Choices Better Health[®] Workshops

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

This 6 week workshop meets once per week for 2.5 hours

Wednesdays Nov 13 - Dec 18 from 2:00pm - 4:30pm

At the Hinton Friendship Center 965 Switzer Drive

Be supported on your journey to better health

For more information, or to register for a class call:

1-877-349-5711