



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.

Managing Diabetes

A new series over 1 and a half days for those newly diagnosed with diabetes as well as a refresher for those continuing to manage their diabetes.

Sep 25 - 9:00am - 4:00pm Overview, Nutrition, Complication Prevention, Foot Care & Physical Activity
Oct 23 - 9:00am - Noon Follow-up or next steps

Held at the Hinton Health Centre Board Room

OR

Nov 06 - 9:00am - 4:00pm Overview, Nutrition, complication Prevention, Foot Care & Physical Activity
Nov 27 - 9:00am - Noon Follow-up or next steps

Held at the Hinton Health Centre In-service Room

Heart & Stroke

Managing Blood Pressure & Cholesterol

A full day workshop learning about what affects your blood pressure and cholesterol levels and what you can do to manage your risks for heart disease and stroke.

Oct 02 - 9:30am - 3:00pm

Nov 20 - 9:30am - 3:00pm

Held at the Hinton Health Centre In-service

Managing Stress

Learn how to reduce and/or prevent stress through this interactive workshop

Part 1 - Sep 13 - 9:00am - 12:00pm

Part 2 - Sep 20 - 9:00am - 12:00 pm

Held at the Hinton Health Centre In-service Room

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