



## Hinton - Free Winter/Spring 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.

Jan 28 - 9:30am - 4:00pm Overview, Nutrition, Complication Prevention, Foot Care & Physical Activity  
Feb 25 - 9:30am - Noon Follow-up or next steps

Apr 02 - 9:30am - 4:00pm Overview, Nutrition, complication Prevention, Foot Care & Physical Activity  
Apr 30 - 9:30am - Noon Follow-up or next steps

May 21 - 9:30am - 4:00pm Overview, Nutrition, complication Prevention, Foot Care & Physical Activity  
June 18 - 9:30am - Noon Follow-up or next steps

Held at the Hinton Healthcare 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.

Jan 09 - 9:30am - 3:30pm  
Mar 05 - 9:30am - 3:30pm  
June 10 - 9:30am - 3:30pm

### Managing Stress

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

Part 1 - Feb 05 - 9:30am - 12:00pm  
Part 2 - Feb 12 - 9:30am - 12:00 pm  
Part 1 - Apr 13 - 9:30am - 12:00pm  
Part 2 - Apr 20 - 9:30am - 12:00pm

Held at the  
Hinton Healthcare Centre—In-service Room

### Better Choices Better Health<sup>®</sup> 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

Please call for next available dates

Be Supported on your journey to better health

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

**1-877-349-5711**