



# 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 Healthcare Centre In-Service Room**

## Weight Management Workshops

All classes are Wednesdays 9:30am - 12:00pm

Getting Started - Planning for Success	Jan 08
Nutrition - Top 5 Tips to Reduce Calories	Jan 15
Moving Matters - Including Physical Activity in your Day	Jan 22
Lifestyle Change - A Toolkit for Success	Jan 29
Managing Stress #1	Feb 05
Managing Stress #2	Feb 12
Nutrition - The Truth about what works in Weight Management	Feb 19
Nutrition - I know I should Eat Healthy, but How?	Feb 26
Nutrition - Eating Away from Home and During Special Occasions	Mar 04
Getting Started - Planning for Success	Apr 01
Nutrition - Top 5 Tips to Reduce Calories	Apr 08
Managing Stress #1 (Monday)	Apr 13
Managing Stress #2 (Monday)	Apr 20
Moving Matters - Including Physical Activity in your Day	Apr 29
Nutrition - The Truth about what works in Weight Management	May 06
Nutrition - I know I should Eat Healthy, but How?	May 13
Nutrition - Eating Away from Home and During Special Occasions	May 20
Lifestyle Change - A Toolkit for Success	May 27

## Managing Emotional Eating

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

Thursdays Jan 16, 23 & 30	1:00pm - 3:30pm
Thursdays Mar 12, 19 & 26	9:30am - 12:00pm
Tuesdays June 09, 16 & 23	1:00pm - 3:30pm

Be supported on your journey to better health

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

**1-877-349-5711**