



## 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.

All classes held at the Hinton Healthcare Centre - In-service Room

### 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

### 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

### 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**