

March 2023 Workshops for Adults by ZOOM

Morning, afternoon or evening classes available. Classes are 2.5 hours long

Weight Management

Learn effective weight management; how to build healthier habits, and the ways that thinking patterns, sleep, physical activity, and nutrition impact your goals.

Tier 2 Classes 2.1, 2.2, & 2.3

Thurs Mornings 9:30am to Noon Feb 23, Mar 2, & 9

Tier 3 Classes 3.1 & 3.2

Tues Evenings 5:30 to 8 pm Mar 7 & 14

Thurs Mornings 9:30am to Noon Mar 16 & 23

Thurs Afternoons 1:30 to 4pm Mar 23 & 30

Heart & Stroke

Managing Blood Pressure & Cholesterol

Learn to manage your risks for heart disease and stroke.

Wed Evenings 5:30 to 8:00pm
Mar 1 & 8

Tues Mornings 9:30am to Noon
Mar 7 & 14

Thurs Afternoons 1:30pm to 4pm
Mar 16 & 23

Mon Evenings 5:30pm to 8pm
Mar 20 & 27

Better Choices Better Health®
6 week workshop for

Chronic Pain

Learn about pain and things you can do to live better.

Thursday Afternoons
1:30 to 4pm
Feb 23, Mar 2, 9, 16, 23, 30

Tuesday Evenings
6:00 to 8:30pm
Mar 14, 21, 28, Apr 4, 11, 18

Managing Diabetes

A 3 session workshop for those newly diagnosed with diabetes, as well as a refresher for those continuing to manage their diabetes.

Thurs Evenings 5:30 to 8pm
Part 1: Mar 2 & 9 Part 2: Mar 16

Wed Mornings 9:30am to Noon
Part 1: Mar 8 & 15 Part 2: Mar 22

Mon Afternoons 1:30 to 4pm
Part 1: Mar 13 & 20 Part 2: Mar 27

Tues Evenings 5:30 to 8pm
Part 1: Mar 14 & 21 Part 2: Mar 28

Managing Stress

A 2 part series learning techniques to reduce, prevent & cope with stress

Wed Evening 5:30pm to 8pm
Mar 29 & Apr 5

Better Choices Better Health®

Take control of your health, feel better, take small steps, plan for the future with this 6 week workshop.

Wed Evenings 6:00 to 8:30pm
March 29, Apr 5, 12, 19, 26, May 3

Understanding COPD

Understand what COPD is and how you can manage well and continue to live your best life

Thursday March 16 9:30am to 12 noon

Moving Matters

Learn to exercise safely, overcome barriers and stay motivated.

Set a goal and get started!

Wed Evenings March 15 5:30pm to 8pm

Supervised Exercise - done virtually!

2 times per week, 1.5 hours session, for 6 weeks.

[Click here to register](#)

Be Supported on your Journey to Better Health – right from Home!

To register for a Zoom class call: **1-877-349-5711**
Or <https://www.healthylivingprogram.ca>

