

April 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 1 Classes 1.1, 1.2, & 1.3

Wed Evenings 5:30pm to 8pm
April 4, 11, 18

Thurs Mornings 9:30am to Noon
April 13, 20, 27

Tues Afternoons 1:30pm to 4pm
April 18, 25, May 2

Wed Evenings 5:30pm to 8pm
April 19, 26, May 3

More classes to be announced for Tiers 2 & 3

Heart & Stroke

Managing Blood Pressure & Cholesterol

Learn to manage your risks for heart disease and stroke.

Wed Evenings 5:30 to 8pm
Apr 5 & 12

Thurs Mornings 9:30am to Noon
Apr 13 & 20

Mon Afternoons 1:30pm to 4pm
Apr 17 & 24

Tues Evenings 5:30pm to 8pm
Apr 25 & May 2

Better Choices Better Health®
6 week workshop for
Chronic Pain

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

Tuesday Evenings
6:00 to 8:30pm

Mar 14, 21, 28, Apr 4, 11, 18

Thursday Evening
6:00 to 8:30pm

April 20, 27, May 4, 11, 18, 25

Managing Diabetes

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

Mon Evenings 5:30 to 8pm
April 3, 10, & 17

Tues Afternoons 1:30 to 4pm
April 11, 18 & 25

Friday Mornings 9:30 to Noon
April 14, 28 & 21

Wed Evenings 5:30 to 8pm
April 19, 26 & May 3

Managing Stress

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

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

Tues Morning April 18 & 25 9:30am to 12pm

Better Choices Better Health®

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

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

Classes to be announced soon!

Understanding COPD

Understand what COPD is and how you can manage well and continue to live your best life. Classes to be announced soon!

Supervised Exercise - done virtually!

2 times per week, 1.5 hours session, for 6 weeks.
Tuesdays and Thursdays April 11- May 18
10 to 11:30am OR 1pm to 2:30pm

Moving Matters

Learn to exercise safely, overcome barriers and stay motivated. Set a goal and get started!

April 26, Wednesday Evenings 5:30pm - 8:00pm

[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>

