



## Onoway - 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 in the Onoway Admin Building Telehealth 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.

Sep 30 - 9:30am - 4:00pm Overview, Nutrition, Complication Prevention, Foot Care & Physical Activity

Nov 04 - 9:30am - Noon Follow-up or next steps

### Heart & Stroke

#### Managing Blood Pressure & Cholesterol

A 2 half day workshops learning about what affects your blood pressure and cholesterol levels and what you can do to manage your risks for heart disease and stroke.

Oct 07 - 1:00pm - 3:30pm

Oct 28 - 1:00pm - 3:30pm

### Managing Emotional Eating

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

Oct 21 1:00pm - 3:30pm

Nov 04 1:00pm - 3:30pm

Nov 18 1:00pm - 3:30pm

*A 3 part series*

### Managing Stress

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

Dec 02 - 1:00pm - 4:00pm

### 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

Thursdays Oct 3 - Nov 14 from 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**