



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[®] 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