

Alberta Healthy Living Program South Zone Education Guide



Adults living in Alberta can refer themselves to any of our classes and workshops. We also accept referrals from doctors and other healthcare providers.

You can search our [Find Workshops & Classes](#) table to find classes and programs that fit your learning interests.

After attending a nutrition class, adults living with chronic conditions in the South Zone can call us to book an individual dietitian appointment for more support. Booking is by phone only.

Supervised Exercise is available to adults living with chronic conditions in the South Zone. Learn more by visiting [Supervised Exercise | Alberta Health Services](#)

Visit [Better Choices, Better Health | Alberta Health Services](#) to learn more about the 6-week Better Choices, Better Health® workshops.

For more information about the Alberta Healthy Living Program South Zone, visit www.ahs.ca/ahlp

Call us Monday/Friday, 8:00am – 4:00pm

1-866-795-9709 (Brooks, Medicine Hat, and rural area)

1-866-506-6654 (Lethbridge or rural)



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Updated: June 1, 2026



**Primary Care
Alberta**

Alberta Healthy Living
Program



Classes & Workshops Offered in South Zone

Condition Specific

- [Bariatric Specialty Clinic](#)
- [Cardiovascular Disease: Heart C.H.E.C.](#)
- [Southern Alberta Chronic Pain Management Program](#)
- [Basic Diabetes Management](#)

General Health

- [Better Choices, Better Health® Chronic Disease](#)
- [Better Choices, Better Health® Chronic Pain](#)
- [Energy Management](#)
- [Moving you Towards Healthier Sleep](#)
- [Supervised Exercise](#)

- [Nutrition: Irritable Bowel Syndrome \(IBS\)](#)
- [Nutrition: Heart Healthy Eating](#)
- [Stroke Education](#)
- [Weight Management Program](#)

Emotional Wellness

- [Managing Emotional Eating](#)

Classes & Workshops Offered in Other Zones

Condition Specific

- [Arthritis: Self-Management of Osteoarthritis](#)
- [Celiac Disease: Going Gluten-Free](#)
- [COPD: Breathing Matters](#)
- [COVID-19 Symptom Management and Recovery \(video series\)](#)
- [Tips for Eating: Prediabetes & Diabetes](#)
- [Heart Health: Eating to Improve Blood Pressure](#)
- [Heart Health: Eating to Improve Cholesterol](#)
- [Heart Wise](#)
- [Fatty Liver Disease](#)
- [Fibromyalgia: Facts and Function](#)

- [Fall Prevention: Steady on Your Feet](#)
- [Osteoporosis and Bone Health](#)
- [Osteoporosis: Staying Active & Exercising](#)
- [Pacing for People with Chronic Pain](#)
- [Obstructive Sleep Apnea](#)
- [Weight Management: Dietitian Question & Answer](#)

Emotional Wellness

- [Grief: Understanding Your Experience](#)
- [Improving Your Relationship with Food](#)
- [Self-Kindness: Try Motivating with Self Compassion](#)



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General Health

- [Moving Matters](#)
- [Minding Stress](#)
- [Better Breathing](#)
- [Physical Activity: Get Active, Stay Active \(video\)](#)
- [Physical Activity: Planning for Success with Exercise \(video\)](#)
- [Support Weekly Action Team - SWAT](#)

General Nutrition Classes

- [4 P's for Meal Planning](#)
- [Eating Away from Home](#)
- [Food Labels: Reading Between the Lines](#)

Classes & Workshops Offered in Different Languages

Cantonese

- [Better Choice, Better Health® - Chronic Pain](#)

Punjabi

- [Celiac Disease—Going Gluten-Free \(video\)](#)

Tagalog

- [Better Choices, Better Health® - Chronic Disease](#)



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