

March — June 2026

Education and Skills to support your health and your life

Look through all the workshops for adults, and caregivers too. Which would support you?

Check out peer coaching support, also!



NOTES:

- Most patients and community members want online courses, but we want to assist all of you. Please call using the phone numbers below if you have other needs.
- In-person workshops are offered for some teams at various sites. Visit the topic for the team for details.
- Teams avail to anyone in Alberta can also be found [here](#)
- For Diabetes support (Hotline 9-4) or about workshops, please contact:
[Community Diabetes Team](#) at [825-404-7460 \(line 1\)](#)
- Weight Management workshops or support, please contact:
[Weight Management Team](#) at [825-404-7460 \(line 2\)](#)
- For further information about Stress Management, Better Choices, Better Health® and Peer Support, or any questions about self-management for any chronic illness, please contact:

[Self-Management Support](#) at [825-404-7460 \(line 3\)](#).





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Primary Care
Alberta



Alberta Health
Services

Better Choices, Better Health® (BCBH) Workshop Series

Chronic Disease

Length 2.5 Hours - 6 week series

To Register or for more information: Call 825-404-7460 (press 3), or register online at <https://redcap.link/chronicdisease>

Better Choices, Better Health® is a peer-led series for adults who live with chronic (long-term) health conditions, such as Diabetes, Lung diseases (e.g. Asthma), Osteoporosis, and also many others such as conditions of the heart, chronic fatigue, mental health conditions.

Support persons are welcome to join. Group members meet each week for 2.5 hours, either online or in person.

At the workshop, you will learn how to manage daily challenges with having a chronic condition.

- Ways to manage your condition
- How to avoid injuries and improve balance
- Tips for healthy eating
- Ways to exercise and be active
- Talking about depression
- How to talk with your health care team

Session Dates	Days	Time	Location
March 19, 26, April 2, 9, 16, 23	Thursday	6:00 p.m. to 8:30 p.m.	Zoom
April 28, May 5, 12, 19, 26, June 2	Tuesday	10:00 a.m. to 12:30 p.m.	Zoom
May 14, 21, 28 June 4, 11, 18	Thursday	1:00 p.m. to 3:30 p.m.	Zoom

....See next page for more - BCBH ® Chronic Pain Series!

Better Choices, Better Health® (BCBH) Workshop Series

Chronic Pain

Length 2.5 Hours - 6 week series

To Register call: 825-404-7460 press 3 or [online](https://redcap.link/chronicpain) at <https://redcap.link/chronicpain>

Better Choices, Better Health® is a peer led series for adults who live with chronic (long-term) pain/or mental health conditions such as fibromyalgia, arthritis, migraines and others. Support persons are welcome to join. Group members meet each week for 2.5 hours, either online or in person.

At the workshop, you will learn how to manage daily challenges with having chronic pain.

- Ways to manage your pain
- Tips for healthy eating and being more active
- How to talk with your health care team
- How to deal with emotions with chronic pain
- Ways to make everyday tasks easier for you
- Living a better quality of life

Session Dates	Days	Time	Location
April 8, 15, 22, 29, May 6, 13	Wednesday	6:00 p.m. to 8:30 p.m.	Zoom
April 21, 28, May 5, 12, 19, 26	Tuesday	1:00 p.m. to 3:30 p.m.	Zoom
May 1, 8, 15, 22, 29, June 5	Friday	10:00 a.m. to 12:30 p.m.	Zoom
May 13, 20, 27, June 3, 10, 17	Wednesday	6:00 p.m. to 8:30 p.m.	Zoom
May 19, 26, June 2, 9, 16, 23	Tuesday	1:00 p.m. to 3:30 p.m.	In person SWESA William Lutsky
June 1, 8, 15, 22, 29, July 6	Monday	6:00 p.m. to 8:30 p.m.	Zoom
June 18, 25, July 2, 9, 16, 23	Thursday	1:00 p.m. to 3:30 p.m.	Zoom

Diabetes Self-Management Workshops

Taking Charge Daily

Length 2.5 Hours

This person-centered workshop delivered by Registered Nurses gives an overview of what is happening in the body with Type 2 Diabetes, and information and resources for success in self-management of Diabetes.

All adults with Diabetes, and caregivers and support persons are welcome.

- Explores common emotions experienced when managing Diabetes.
- Introduces a Diabetes Self Management plan including healthy eating, physical activity, medications, health checks, etc.
- Identifies *Diabetes Canada* blood sugar targets for fasting blood sugar, post meal blood sugar, & Hemoglobin A1C measures.
- Identifies your Diabetes support team and a number of practical tools to support your health and wellness goals.

Session Dates	Day	Time	Location
March 7	Saturday	1:30 p.m. to 4:00 p.m.	Zoom
March 11	Wednesday	9:00 a.m. to 11:30 a.m.	Zoom
March 18	Wednesday	6:00 p.m. to 8:30 p.m.	Zoom
March 26	Thursday	1:30 p.m. to 4:00 p.m.	EEHC
April 7	Tuesday	6:00 p.m. to 8:30 p.m.	Zoom
April 15	Wednesday	1:30 p.m. to 4:00 p.m.	EEHC
April 25	Saturday	1:30 p.m. to 4:00 p.m.	Zoom
April 28	Tuesday	9:00 a.m. to 11:30 a.m.	Zoom
May 7	Thursday	6:00 p.m. to 8:30 p.m.	Zoom
May 12	Tuesday	1:30 p.m. to 4:00 p.m.	EEHC

*IN PERSON SESSION at East Edmonton Health Centre (EEHC)
(**Cromdale Building**) at 11240 - 79 st. in North East Edmonton area
See email sent to you a few days ahead for site and room details.

Diabetes Self-Management Workshops

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- Identifies your Diabetes support team and a number of practical tools to support your health and wellness goals.

Session Dates	Day	Time	Location
May 20	Wednesday	9:00 a.m. to 11:30 a.m.	Zoom
May 26	Tuesday	6:00 p.m. to 8:30 p.m.	Zoom
May 30	Saturday	9:00 a.m. to 11:30 a.m.	Zoom
June 4	Thursday	1:30 p.m. to 4:00 p.m.	Zoom
June 13	Saturday	1:30 p.m. to 4:00 p.m.	Zoom
June 18	Thursday	6:00 p.m. to 8:30 p.m.	EEHC
June 26	Friday	9:00 a.m. to 11:30 a.m.	Zoom

*IN PERSON SESSION at East Edmonton Health Centre (EEHC)
(**Cromdale Building**) at 11240 - 79 St. in North East Edmonton area
See email sent to you a few days ahead for site and room details.

Diabetes: Healthy Eating

Length 2 Hours

This workshop introduces the **foundation of healthy eating for Diabetes**. Join a Registered Dietitian to have up to date knowledge about food and Diabetes.

We look at what are carbohydrates, explore meal timing and spacing, discuss balanced meals and portions, healthy snacks, as well as show the importance of fiber and choosing healthy fats.

All adults with Diabetes and support persons and caregivers are welcome.

Session Dates	Days	Time	Location
March 14	Saturday	1:30 p.m. to 3:30 p.m.	Zoom
March 16	Monday	1:30 p.m. to 3:30 p.m.	EEHC
March 24	Tuesday	1:30 p.m. to 3:30 p.m.	Zoom
April 8	Wednesday	9:00 a.m. to 11:00 a.m.	Zoom
April 20	Monday	1:30 p.m. to 3:30 p.m.	EEHC
April 30	Thursday	1:30 p.m. to 3:30 p.m.	Zoom
May 11	Monday	1:30 p.m. to 3:30 p.m.	Zoom
May 14	Thursday	1:30 p.m. to 3:30 p.m.	EEHC
May 23	Saturday	9:00 a.m. to 11:00 a.m.	Zoom
May 27	Wednesday	9:00 a.m. to 11:00 a.m.	Zoom
June 2	Tuesday	6:30 p.m. to 8:30 p.m.	Zoom
June 9	Tuesday	1:30 p.m. to 3:30 p.m.	EEHC
June 17	Wednesday	1:30 p.m. to 3:30 p.m.	Zoom

*IN PERSON SESSION at East Edmonton Health Centre (EEHC) (**Cromdale Building**) at 11240 -79 st. in North East Edmonton area - See email sent to you a few days ahead for site and room details.

Diabetes: Meal Planning

Length 2 Hours

This workshop is for skill building with healthy eating for Diabetes and adding ideal healthy eating strategies into daily life. We highly recommend that you take the Healthy Eating session first, however is not required.

All adults with Diabetes and support persons and caregivers are welcome.

Session Dates	Days	Time	Location
March 5	Thursday	9:00 a.m. to 11:00 a.m.	Zoom
April 1	Wednesday	9:00 a.m. to 11:00 a.m.	Zoom
April 16	Thursday	6:30 p.m. to 8:30 p.m.	Zoom
May 7	Thursday	1:30 p.m. to 3:30 p.m.	Zoom
May 26	Tuesday	1:30 p.m. to 3:30 p.m.	Zoom
June 6	Saturday	9:00 a.m. to 11:00 a.m.	Zoom
June 15	Monday	1:30 p.m. to 3:30 p.m.	Zoom

Diabetes: Carbohydrate Counting

Length 2 Hours

This workshop builds on healthy eating strategies you learned about in Healthy Eating Basics for Diabetes. You will learn:

- The carbohydrate content of various foods
- How many grams of carbohydrate to eat at meals and snacks
- How to add up those foods to create meals
- How to read labels to know the carbohydrate content in foods

All adults with Diabetes and support persons and caregivers are welcome.

Session Dates	Days	Time	Location
March 18	Wednesday	1:30 p.m. to 3:30 p.m.	Zoom
March 31	Tuesday	6:30 p.m. to 8:30 p.m.	Zoom
April 25	Saturday	9:00 a.m. to 11:00 a.m.	Zoom
May 12	Tuesday	6:30 p.m. to 8:30 p.m.	Zoom
June 10	Wednesday	1:30 p.m. to 3:30 p.m.	Zoom
June 23	Tuesday	6:30 p.m. to 8:30 p.m.	Zoom

Diabetes Self-Management Workshops

Foot Care

Length 2.5 Hours

For all persons with Diabetes, and their caregivers and support persons.

Facilitated by a Registered Nurse, learners will:

- Learn how to care for your feet using the INSPECT, PROTECT, PREVENT and CONSULT method.
- Learn how and why it is important to prevent, identify and deal with foot problems from Diabetes.

Session Dates	Days	Time	Location
March 17	Tuesday	9:00 a.m. to 11:30 a.m.	Zoom
April 25	Saturday	9:00 a.m. to 11:30 a.m.	Zoom
May 14	Thursday	9:00 a.m. to 11:30 a.m.	Zoom
June 11	Thursday	9:00 a.m. to 11:30 a.m.	Zoom

Diabetes Self-Management Workshops

Taking Charge Long Term

Length 2.5 Hours

**Please complete Taking Charge Daily before Taking Charge Long Term*

Facilitated by a Registered Nurse, learners will:

- Review the Diabetes self-management plan: healthy eating, physical activity, medications, health checks, etc.
- Help with Blood glucose (BG) Management in Type 2 Diabetes: (BG) measures and monitoring, medications commonly prescribed for Diabetes, and how they help with BG.
- Sick day management: Tips to stay safe when sick or dehydrated (low intake of fluid) with Diabetes.
- Health Checks: Why health checks are important in Type 2 Diabetes management, and knowing what important things to look for, and how to look for them, to prevent serious Diabetes complications.

All adults with Diabetes and Caregivers and Support Persons are welcome.

Session Dates	Days	Time	Location
March 21	Saturday	1:30 p.m. to 4:00 p.m.	Zoom
April 18	Saturday	9:00 a.m. to 11:30 a.m.	Zoom
May 19	Tuesday	6:00 p.m. to 8:30 p.m.	Zoom
June 16	Tuesday	9:00 a.m. to 11:30 a.m.	Zoom

Pre-Diabetes

Length 2 Hours

Diabetes Prevention

You will learn ways to lower your risk of Type 2 Diabetes. Join a Registered Dietitian to review:

- what is prediabetes,
- how to lower your risk of Type 2 Diabetes,
- food choices for meals and snacks,
- the Healthy Plate model, and more.

All adults with prediabetes, caregivers and support persons, are welcome

Session Dates	Days	Time	Location
March 26	Thursday	9:00 a.m. to 11:00 a.m.	Zoom
April 2	Thursday	9:00 a.m. to 11:00 a.m.	Zoom
April 28	Tuesday	6:30 p.m. to 8:30 p.m.	Zoom
May 19	Tuesday	9:00 a.m. to 11:00 a.m.	Zoom
June 26	Friday	9:00 a.m. to 11:00 a.m.	Zoom

Alberta Quits — getting ready to quit smoking:

[Build Your Quit Plan - Preparing to Quit - AlbertaQuits](#)

Phone support

The AlbertaQuits helpline is FREE for all residents of Alberta.

Call toll-free at **1-866-710-7848** to receive confidential, non-judgemental support from Quit Counsellors. We help you deal with cravings and help you stay motivated.

Open from 8 A.M. to 8 P.M. seven days a week. Translation services are also available.

You can also complete our [self-referral form](#) and a Health Link AlbertaQuits Tobacco Counsellor will contact you.

[AlbertaQuits](#)

Weight Management Workshops

You can attend each of three “Levels” and in each Level there are three workshops, usually a week apart:

- Level 1 (3 session series)
- Level 2 (3 session series - Take Level One first please)
- Level 3 (3 session series - Take Level One and Two first please)

For each level, you must register and attend for all 3 dates.

Weight Management Level 1 (3 Session Series) Length 2.5 Hours

Description

- Learn principles of effective weight management
- Learn how to increase your physical activity, manage calories and nutrition and effective ways to master healthier habits

Session Dates	Days	Time	Location
April 15, 22, 29	Wednesday	6:00 p.m. to 8:30 p.m.	Zoom
April 18, 25, May 2	Saturday	9:00 a.m. to 11:30 a.m.	Zoom
April 29, May 6, 13	Wednesday	6:00 p.m. to 8:30 p.m.	Zoom
May 20, 27, June 3	Wednesday	6:00 p.m. to 8:30 p.m.	Zoom
May 21, 28, June 4	Thursday	9:30 a.m. to 12:00 p.m.	Zoom
June 3, 10, 17	Wednesday	6:00 p.m. to 8:30 p.m.	Zoom

Weight Management Level 2 (3 Session Series) Length 2.5 Hours

Description

- Learn how to plan meals, develop a structured physical activity plan and how to deal with thoughts and feelings that affect behavior change.

For each level, you must register for all 3 dates for that se-

Session Dates	Days	Time	Location
March 4, 11, 18	Wednesday	6:00 p.m. to 8:30 p.m.	Zoom
April 1, 8, 15	Wednesday	6:00 p.m. to 8:30 p.m.	Zoom
March 5, 12, 19	Thursday	9:30 a.m. to 12:00 p.m.	Zoom
April 9, 16, 23	Thursday	9:30 a.m. to 12:00 p.m.	Zoom
May 13, 20, 27	Wednesday	6:00 p.m. to 8:30 p.m.	Zoom
May 23, 30, June 6	Saturday	9:00 a.m. to 11:30 a.m.	Zoom
June 10, 17, 24	Wednesday	6:00 p.m. to 8:30 p.m.	Zoom
June 11, 18, 25	Thursday	9:30 a.m. to 12:00 p.m.	Zoom

Weight Management Level 3 (3 Session Series) Length 2.5 Hours

Description

Session Dates	Days	Time	Location
March 4, 11, 18	Wednesday	6:00 p.m. to 8:30 p.m.	Zoom
March 14, 21, 28	Saturday	9:00 a.m. to 11:30a.m.	Zoom
April 1, 8, 15	Wednesday	6:00 p.m. to 8:30 p.m.	Zoom
May 7, 14, 21	Thursday	9:30 a.m. to 12:00 p.m.	Zoom
May 13, 20, 27	Wednesday	6:00 p.m. to 8:30 p.m.	Zoom
June 3, 10, 17	Wednesday	6:00 p.m. to 8:30 p.m.	Zoom
June 13, 20, 27	Saturday	9:00 a.m. to 11:30 a.m.	Zoom

Minding Stress Workshops

Minding Stress (3 Sessions)

Length 2.5 Hours (and you will register for all three workshops a week apart)

To Register call: 825-404-7460 press 3 or [online](https://redcap.link/mindingstress) at <https://redcap.link/mindingstress> or scan the code below

Description

- Understand the impact of stress and learn steps to build awareness of your stressors
- Learn practical stress-management skills to create an effective stress management plan

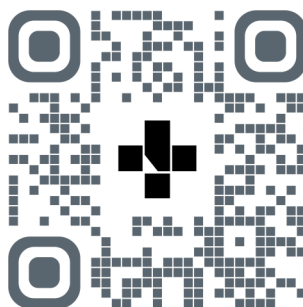
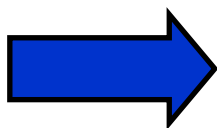
For any adult or caregiver of adults with any chronic illness.

For any adult interested in stress management skills.

All community members over 18 are welcome.

Session Dates	Days	Time	Location
March 17, 24, 31	Tuesday	9:30 a.m. to 12:00 p.m.	Zoom
April 22, 29 and May 6	Wednesday	6:00 p.m. to 8:30 p.m.	Zoom
July 2, 9, 16	Thursday	1:00 p.m. to 3:30 p.m.	Zoom

Scan with phone to register online



Boosting Your Brain Health

Description

Length

2.5 Hours — 4 week series

You will be able to take action on improving your brain health after taking this 4-session weekly workshop series.

Learn about:

- How your brain changes from your lifestyle choices and health conditions.
- New ways to improve your brain health.
- How to set goals for day-to-day life that can benefit your brain health.

How do I take part?

- To register, use the phone number below.
- AHS workshops are no-cost, however, some sites charge a fee for space use.

Session Dates	Days	Time	Location
March 19, 26, April 2, 9	Thursday	9:30 a.m. to 12:00 p.m.	Virtual Zoom
April 15, 22, 29, May 6			St. Albert
St. Albert Primary Care Network	Wednesday	9:30 a.m. to 12:00 p.m.	Primary Care Network
#196, 375 St. Albert Trail			
Fall 2026— TBD		Please call to be placed on our waitlist	

For Registration or Questions? Call [780-342-8302](tel:780-342-8302)



Primary Care
Alberta

S.T.E.P. Forward - Supervised Transitional Exercise Team

8-10 weeks long 1 –2 hours per week 60-90 minutes in duration

This beginner to intermediate-level supervised exercise team is for individuals who are ready to improve their physical status and overall wellness. We will support you in learning to move safely and more confidently in your home and community.

- For people who are mild to moderately deconditioned due to health symptoms (i.e. chronic health conditions, recovery from surgery, recent hospital stay)
- In-person, group setting (10-12 participants), kinesiologist-led
- Occupational Therapist-led education components

To be considered for the S.T.E.P. Forward team, you must:

- Be at least 18 years of age
- Be available during the day for a telephone interview/eligibility screening
- Have a current Alberta Healthcare (AHCIP) number
- Be able to follow three-step instructions
- Be able to participate in a group exercise environment (in-person) in Edmonton and surrounding area
- Walk independently (with or without the use of walking aids)
- Participate in an intake assessment to determine team suitability

Classes are held at community sites in Edmonton, Leduc, St. Albert and Sherwood Park.

STEP Forward session schedule (dates, times and locations vary and are subject to change)

Spring session (Apr-Jun)

Summer session (Jul-Sep)

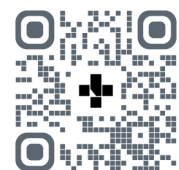
Fall session (Oct-Dec)

Winter session (Jan-Mar)

To Register or for more information:

Call 780-735-3483

For this whole calendar on line, scan here



Adapted STEP – Virtual team

10-week commitment, one 75-minute class per week

This online team is for individuals living with chronic pain, chronic fatigue and/or long COVID, facilitated by a Kinesiologist and an Occupational Therapist.

Participants join a small, supportive group of 6-8 participants, and will have the opportunity to share experiences and learn from each other. This team involves active participation in class.

We will support you in learning how to:

- practice safe movement and breathing exercises
- maximize your energy
- problem-solve balancing activity with day-to-day stressors
- create action plans for personal wellness

To be considered for the Adapted STEP team, you must:

- Be at least 18 years of age and live in the Edmonton and surrounding area
- Be available during the day for a telephone interview/eligibility screening
- Have a current Alberta Healthcare (AHCIP) number
- Be able to follow three-step instructions
- Be able to participate in an online group exercise environment
- Have a working computer or tablet (no smart phones, please) with Zoom capability (ca.m.era, microphone)
- Walk independently (with or without the use of walking aids)
- Travel to an in-person assessment to determine team suitability

Classes are offered online, via Zoom. Start dates vary and are subject to change.

Winter session (Jan-Mar)

Spring session (Apr-Jun)

Summer session (Jul-Sep)

Fall session (Oct-Dec)



To self-refer or for more information, call the STEP Intake line: 780-735-3483. We also accept online referrals through the QR code below, or our referrals link: <https://redcap.link/>

Pelvic Health Physiotherapy Webinars

What is being offered?

Alberta Health Services is providing online webinars about pelvic health. These online sessions will be hosted via Zoom and will be provided by AHS Pelvic Health Physiotherapists.

Female Urinary Incontinence

Do you find yourself rushing to get to the bathroom and sometimes not make it there on time? Do you avoid activities like jumping and running because your bladder may leak? If yes, this webinar may be for you!

This webinar is open to individuals of all ages with a focus on female pelvic anatomy. You will learn about the various types of urinary incontinence including common symptoms, contributing factors and simple strategies to help you manage your symptoms. Our presenters will also review basic exercises you can try at home to improve your symptoms over time.

Recovery After Baby

Have you recently delivered a baby? Have you noticed changes in your body since having a child (e.g. pelvic pain, difficulty going to the bathroom, urine leakage, etc.)? This webinar may be for you!

This webinar is open to individuals who are currently pregnant or those who have already delivered a child. The presenters will review common body changes that occur during and after pregnancy as well as basic tips to help you recover after baby.

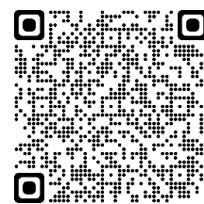
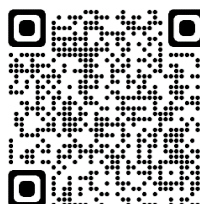
How do I register?



To register for a session, please scan the associated QR code or visit the link below.

[https://redcap.link/
FemaleUrinaryIncontinence](https://redcap.link/FemaleUrinaryIncontinence)

<https://redcap.link/RecoveryAfterBaby>



Peer Coaching for Healthy Living

People need support when taking care of long term-health conditions or making healthy lifestyle changes. We have trained peer coaches who will talk with you over the phone about ways to take care of your health conditions and make the changes you want.

Peer coaches will:

- Call you for 30 minutes every week for 12 weeks.
- Talk about how to solve problems, set action plan plans and help you stay on track to achieve goals.
- Provide social and emotional support.
- Share resources including your own copy of *Healthy Life with Chronic Conditions* textbook.

To Register for your free Peer Coach:

Call **825-404-7460** press 3, or Register online at:

[Peer Coach Interest form](#)



Scan with phone to register online

