



# Support Weekly Action Team- SWAT

This supportive group allows participants to set and work on goals each week. This group encourages goal sharing, problem solving and fosters a safe place to overcome any barriers that may come up. Each session is unique as a diverse range of health topics may be addressed depending on weekly discussions.

Participants must have attended a previous Alberta Healthy Living Program workshop to join SWAT. Participants can register as often as they would like.

Class Type	Date	Time	How to Register
Online	Fridays (Excludes statutory holidays)	12:00 – 1:00 PM	<a href="#">Register Online</a> or Call 1-877-314-6997 Hosted by Central Zone  <i>*More dates may be available by calling or registering online</i>

These classes are for Albertans over the age of 18. Online classes are on Zoom and participants should have access to:

- A computer, tablet, or smartphone with a working camera and microphone;
- An internet connection; [visit this webpage to learn how to join a Zoom class](#);
- A private space in Alberta while attending the class.



Updated November 21, 2023



Alberta Healthy Living Program