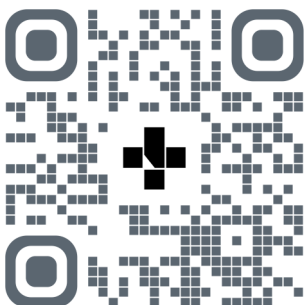


# Find the right workshop

This tool will help you find other workshops in this guide based on your interests or chronic conditions. For more information, check out the workshop descriptions or visit: [ahs.ca/ahlp](https://ahs.ca/ahlp)

WORKSHOP	CHRONIC PAIN	DIABETES	PRE-DIABETES	WEIGHT MANAGEMENT	STRESS
Better Choices, Better Health®	•	•		•	•
Diabetes: Healthy Eating		•		•	•
Diabetes: Meal Planning		•			
Diabetes: Carbohydrate Counting		•			
Diabetes: Foot Care		•			
Minding Stress: Effectively Reduce and Manage the Stress in Your Life*	•	•	•	•	•
Pre-diabetes (at risk for Diabetes)			•		
Taking Charge: <b>Daily</b> Management of Type 2 Diabetes		•			
Taking Charge: <b>Long Term</b> Management of Type 2 Diabetes		•			
Weight Management: Levels 1-3*	•	•		•	•

\*Taken as a series



**Workshops are no cost to participants. Must be located in Alberta to take the session**

**To register, call 825-404-7460  
Press 1 for Diabetes  
Press 2 for Weight Management and Minding Stress  
Press 3 for Better Choices, Better Health®**

**Better Choices, Better Health® - Chronic Pain or Chronic Illness Self-Management Program (6 Sessions)**

- ◆ Explore ways to take care of yourself to enjoy a better quality of life
- ◆ Include techniques to control symptoms, tips for talking to your health care team, how to make every day tasks easier, dealing with feelings like fear, anger or frustration

**Minding Stress: Effectively Reduce and Manage the Stress in Your Life (3 Sessions)**

- ◆ 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

**Diabetes: Healthy Eating**

- ◆ Learn tips to manage your blood sugars through meal timing, balanced meals, carbohydrate choices and reading food labels

**Diabetes: Carbohydrate Counting**

- ◆ Learn how to count carbohydrates for diabetes, such as how many grams of carbohydrate to eat at meals and snacks, carbohydrate amounts in foods

**Diabetes: Meal Planning**

- ◆ Using the tools from the class Diabetes: Healthy Eating, learn how to plan meals using PLAN, PURCHASE, PREPARE and PACK
- ◆ Practice meal planning in class
- ◆ Learn tips to make recipes healthier and how to make better choices when dining out

**Pre-diabetes**

- ◆ Learn how to lower your risk for Type 2 Diabetes through healthy eating, exercise and weight management

**Foot Care**

- ◆ Learn how to care for your feet using the INSPECT, PROTECT, PREVENT and CONSULT method
- ◆ Learn to identify and deal with foot problems associated with diabetes

**Taking Charge: Daily Management of Type 2 Diabetes**

- ◆ Learn about type 2 diabetes and what affects blood sugar
- ◆ Explore the key strategies you can use to control blood glucose levels

**Weight Management Level 1 (3 Sessions)**

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

**Taking Charge: Long Term Management of Type 2 Diabetes**

- ◆ Building upon the information provided in the Daily Management Class, this class focuses on more learning about specific topics and situations and how to plan for them, such as diabetes medications, travel, sick day management, driving and preventing potential long term complications

**Weight Management Level 2 (3 Sessions)**

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

**Weight Management Level 3 (3 Sessions)**

- ◆ Learn how to manage eating away from home, increase knowledge of how to overcome challenges, maintain positive habit changes, and learn about current medication and surgical treatment options.