

Alberta Healthy Living Program

Free educational workshops available in your community!

Community Workshops	Description
Better Choices, Better Health	A series of self-management workshops designed to help people gain confidence and develop skills to manage the physical and emotional challenges of living with a long-term health condition.
Managing Emotional Eating	A series of workshops exploring why we eat the way we do and the factors that could be triggering food cravings.
Diabetes the Basics	Anyone with pre-diabetes or Type 2 diabetes, whether newly diagnosed or wanting a refresher, anyone at risk of developing diabetes and any support person.
Heart Wise - Managing Blood Pressure & Cholesterol	A four-part workshop that provides information about blood pressure, cholesterol, and making healthy choices to support heart health.
Lifestyle Series	We offer a variety of interactive classes on several topics. These classes include Minding Stress, Moving Matters, Sleep Well, Nutrition: 4 P's for Meal planning, Eating away from home & special occasions, nutrition labels; reading between the lines, and staying strong and healthy as we age.
Adult Weight Management Workshops	Anyone who would like to learn more about the benefits of maintaining a healthy weight and how to build a plan to reach weight loss goals.



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