

POWER UP YOUR HEALTH

ALBERTA HEALTHY LIVING PROGRAM- CALGARY ZONE NEWSLETTER



Live your Best Life

Kick-start the new year and your health goals with one of our free workshops

Imagine that you are in an art gallery. You wander from room to room, admiring painting after painting, and then you stop at one that catches your eye. Something about that painting resonates with you as if you see yourself in the painting. The image represents the ideal you – the you that you want to be. What do you see? Perhaps you see yourself doing something that is important to you, that you can't do now? Or maybe it's an image of yourself making the most of a vacation, or laughing with family and friends?

A new year brings with it a blank canvas and paintbrush to design your reality for the upcoming year. If a healthier life is a part of your painting, having the tools and a realistic action plan can help set you up for success. This is where Better Choices, Better Health® (BCBH®) can help. Our interactive, 6-week BCBH® - Chronic Disease and BCBH® - Chronic Pain workshops can teach you not only about valuable tools that can help you take charge of your chronic condition(s) or chronic pain. They can also guide you in developing effective goal-setting strategies to support you in long-term success in making lifestyle changes.

Kick-start 2025 with one of these interactive online workshops and learn about how you can help yourself achieve a better quality of life:

- [BCBH® Chronic Disease](#) – Wednesday, January 15, 22, 29, February 5, 12 & 19 from 1 p.m. – 3:30 p.m.
- [BCBH® Chronic Pain](#) – Thursday, January 23, 30, February 6, 13, 20 & 27 from 10 a.m. – 12:30 p.m.
- [BCBH® Weight Management](#) – Thursday, February 27, March 6, 13, 20, 27 & April 3 from 6 p.m. – 8:30 p.m.

Click on the class name, call 1-844-527-1160, or visit ahs.ca/bcbh to learn more or register.

[Click on this link](#) to watch a video about how BCBH® Chronic Pain can support you, or [visit our website](#) to learn more about both workshop types and find the one that works for you.



Let's get moving

Does exercise make you giddy?

If your answer is no, you are not alone. Let's face it – January is a cold month. The days are short, there is snow and ice on the ground, and that warm duvet is oh-so welcoming. You know that exercise is important and that it may even help you take care of that nagging pain in your right knee or make your heart stronger. However, you just can't muster the motivation to exercise.

We invite you to search for the butterflies – something to make you want to exercise. Where, in your personal story can exercise help you as a tool? If you have a vacation coming up, can a regular exercise program help you feel more confident in taking a tour to see some beautiful waterfalls or wander through a local market? Perhaps the thing that gives you butterflies is the idea of attending your grandchild's graduation this coming spring and strolling through campus after the ceremony, or something as simple as having the energy to complete that full load of laundry in one go. Whatever the picture is, keep it in your mind, and imagine what exercise can do to help you get there. You might want to write down that idea that is giving you butterflies and put it on your refrigerator or keep it on your bedside table as a reminder.

Goals are easier to achieve if they stem from something you want - not what you think you are supposed to be doing. If you know what you want, we can help you get there. If you live in the Calgary Zone, [click on this link](#) to see how our group supervised exercise program can help you catch your butterflies. If you do not live in Calgary, [click on this link](#) to visit our supervised exercise program website to find free exercise programs in your area.



How would you describe your relationship with food?

Our relationship with food is personal and unique. We all have different thoughts and feelings about food. These thoughts and feelings are influenced by what we learn and what we see around us. A healthy relationship with food is one where:

- We welcome all foods without fear or guilt;
- We are mindful of and listen to our body's signals of hunger or fullness;
- We look at food as a source of nourishment, energy, and enjoyment;
- We enjoy the taste, social, traditional, and cultural aspects of food;
- We are aware of how, why, and where we are eating; and
- We accept that our eating patterns will change every day based on hunger, appetite, emotions, routines, or physical activity.

Having a positive relationship with food can help to improve our body image, energy level, and positive feelings around food. There will be less stress, fear, shame, and anxiety around food and eating. Just like every relationship, it takes time to build or re-build, and it may be hard at times.

We want to celebrate your commitment to building a healthy relationship with food, and to assure you that you're not alone in your journey. Join a dietitian and a social worker for these upcoming online classes to learn how you can build a healthy relationship with food:

- [Improving your Relationship with Food](#) – Wednesday, January 29 & February 5, from 10 a.m. – noon.
- [Managing Emotional Eating](#) – Thursday, January 23 & 30, from 6 p.m. – 8:30 p.m.

These free classes are available to anybody living anywhere in Alberta. In addition, if you have taken a class and still have questions about how to manage your chronic condition, our registered dietitians would be happy to meet with you one-on-one to provide guidance. If you live in the Calgary Zone, you can call 1-844-527-1160 to access this service. If you live outside Calgary Zone, call 8-1-1 for assistance.

Upcoming In-Person Classes

Click on the class title for more information or to register.

- [Weight Management: Dietitian Question & Answer](#) – Wednesday, January 8 from 6:30 p.m. – 7:30 p.m. at Montgomery Community Association
- [Understanding the Experience of Grief](#) – Monday, January 20 from 5 p.m. – 7 p.m. at Richmond Road Diagnostic and Treatment Centre
- [Planning for the Future – Health Decisions Matter](#) - Wednesday, January 22 from 1 p.m. – 3 p.m. at South Health Campus Wellness Centre
- [Your Kidney Health](#) – Wednesday, February 19 from 1 p.m. – 3 p.m. at South Health Campus Wellness Centre

