



Power up your health with these free health education classes

Click on the names of the links below to find more information about upcoming in-person and virtual classes and workshops.

[Zoom classes](#)

[In-person classes](#)

Zoom classes

Click on the class name to learn more or register.

Class Title	Day(s)	Date(s)	Time
Understanding Obstructive Sleep Apnea	Tuesday	March 4	10:30 a.m. – 11:30 a.m.
Better Choices, Better Health® - Chronic Disease (6-part class)	Tuesdays	March 4, 11, 18, 25, April 1 & 8	1 p.m. – 3:30 p.m.
Better Choices, Better Health® - Chronic Pain (6-part class)	Tuesdays	March 4, 11, 18, 25, April 1 & 8	1 p.m. – 3:30 p.m.
Eating Well and Managing Irritable Bowel Syndrome	Tuesday	March 4	1:30 p.m. – 2:30 p.m.
Managing Emotional Eating (2-part class)	Wednesday	March 5 & 12	9:30 a.m. – noon
Steady on Your Feet (2-part class)	Thursday	March 6 & 13	9 a.m. – 10:15 a.m.
Pacing for People with Chronic Pain (2-part class)	Monday	March 10 & 17	10 a.m. – 11:15 a.m.
Tips for Eating: Prediabetes & Diabetes	Monday	March 10	1:30 p.m. – 3:30 p.m.
Healthy Sleep Habits	Tuesday	March 11	1:00 p.m. – 3:00 p.m.
Better Choices, Better Health® - Chronic Pain (6-part class)	Fridays	March 14, 21, 28, April 3, 11 & 25	9:30 a.m. - noon
Eating Well for Fatty Liver Disease	Friday	March 14	10:30 a.m. -11:30 a.m.
Eating Well for Weight and Health	Monday	March 17	2:30 p.m. – 3:30 p.m.
Better Breathing	Tuesday	March 18	10:30 a.m. – 11:45 a.m.

Questions? Call 1-844-527-1160 or email AHLP.CalgaryZone@ahs.ca

Try a Little Self-Kindness	Tuesday	March 18	9:30 a.m. - noon
Understanding the Experience of Grief	Tuesday	March 18	2:00 p.m. – 3:30 p.m.
Arthritis – Self Management of Osteoarthritis (2-part class)	Wednesday	March 19 & 26	9:00 a.m. – 10:15 a.m.
Heart Healthy Eating	Thursday	March 20	9:30 a.m. – 10:30 a.m.
COPD – Breathing Matters (3-part class)	Tuesday	March 25, April 1 & 8	10:30 a.m. – 11:45 a.m.
Celiac Disease – Going Gluten Free	Wednesday	March 26	9:30 a.m. – 10:30 a.m.
Your Kidney Health	Wednesday	March 26	1:00 p.m. – 3:00 p.m.
Tips for Eating: Prediabetes & Diabetes	Friday	March 28	9:30 a.m. – 11:30 a.m.

Questions? Call 1-844-527-1160 or email AHLP.CalgaryZone@ahs.ca



Power up your health with these free health education classes

Click on the names of the links below to find more information about upcoming in-person and virtual classes and workshops.

[Zoom classes](#)

[In-person classes](#)

In-Person classes

Click on the class name to learn more or register.

Class Name	Day	Date	Time	Location
Better Choices, Better Health® - Chronic Pain	Mondays	March 10, 17, 25, 31, April 7 & 14	10 a.m. – 12:30 p.m.	Montgomery Community Association (5003 – 16 th Avenue N.W.)
Heart Healthy Eating (Punjabi)	Thursday	March 13	1 p.m. – 3:30 p.m.	Saddletowne Library (7555 Falconridge Blvd N.E.)
The 4 P’s for Meal Planning	Thursday	March 13	6:30 p.m. – 7:30 p.m.	Central Library (800 – 3 rd Street S.E.)
Planning for the Future – Health Decisions Matters	Tuesday	March 18	6:15 p.m. – 8:15 p.m.	Signal Hill Library (5994 Signal Hill Centre S.W.)
Try a Little Self-Kindness	Wednesday	March 19	9:30 a.m. – noon	Montgomery Community Association (5003 – 16 th Avenue N.W.)
Understanding the Experience of Grief	Monday	March 24	5:00 p.m. - 7:00 p.m.	Richmond Road Diagnostic & Treatment Centre (1820 Richard Road S.W.)
Living Well with Stress	Wednesday	March 26	1:30 p.m. – 4:00 pm	Crowfoot Library (8665 Nose Hill Drive S.W.)