



POWER UP YOUR HEALTH

ALBERTA HEALTHY LIVING PROGRAM- CALGARY ZONE NEWSLETTER



Live your Best Life

We're (sort of) moving!

While our program isn't relocating anywhere, we are joining the Primary Care Alberta (PCA) health agency on July 1. There will not be any changes to our program service offerings and how you access them. We will continue to offer free supervised group exercise, nutrition counselling, self-management workshops, and health education classes. You can continue to find schedules and online registration links for workshops and classes on [our website](#). You can continue to call our contact centre team at 1-844-527-1160 to register for supervised group exercise, self-management workshops, and health education classes. Healthcare providers can continue to use [our referral form](#) to refer their patients for nutrition counselling and any of our other services.

So what is going to change? With time, our branding will be updated and we'll be using a new logo. You'll also notice a change in how often we send out newsletters. Our connection to you and the community is essential. We are committed to sharing relevant information to you in the right amounts and at the right times.

Thank you for your continued support of our program. We look forward to providing the same high-quality chronic disease management services to you.

Teresa Krahn
Program Manager



Thinking of exercising in the heat?

Summer is here and we can expect some hot days. While there are many known physical and mental health benefits to being outside, there are also many things to consider when being active in the heat. If you live with a chronic health condition, you may be more likely to develop a heat-related illness. When exercising outside during the summer, remember to:

- Stay hydrated
- Wear sunscreen
- Choose cooler times to exercise outside, like early morning or evening
- Take frequent breaks and pace yourself.
- Don't exercise at too high an intensity.
- Go indoors or find shade if you start to experience signs of [heat exhaustion](#) – a precursor to heat stroke.

It is important to know how to exercise safely when you live with one or more health conditions. If you aren't sure about what safe exercise means for you, we can help. [This short video](#) shows how we can support your exercise journey. For more information, call 1- 844-527-1160. If you do not live in the Calgary Zone, [visit our website](#) to learn about exercise programs in your area.



Taking Care of Your Liver

Did you know that your liver works all day and night to clean your blood, help digest food, and store vitamins and energy?

The liver has an important job in your body! Eating more vegetables, fruit, whole grains, healthy fats, and high protein plant foods (like beans) can help keep your liver working well.

Fat can build up in the liver and this can lead to fatty liver disease. These fat build-ups make it harder for your liver to work. Most people with fatty liver disease do not feel any different. If fatty liver disease continues, it can lead to lifelong scarring and damage to your liver, known as cirrhosis.

You may be at risk of developing fatty liver disease if you live with one or more of these conditions: obesity, diabetes, high cholesterol, or high blood pressure. If you are worried about your liver health, talk with your doctor. Your doctor can refer you to see a dietitian through the Alberta Healthy Living Program. If you don't have a doctor, call Health Link at 811 ask to talk to a dietitian.

Learn more about the foods that keep your liver healthy by joining our free [Eating Well for Fatty Liver Disease](#) class over Zoom on Wednesday, July 9 from 10:30 a.m. – 11:30 a.m.



Upcoming Classes

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

- [Understanding Obstructive Sleep Apnea](#) – Tuesday, July 8 from 10:30 a.m. – 11:30 a.m. over Zoom
- [Celiac Disease - Going Gluten-free](#) - Tuesday, July 22 from 9:30 a.m. - 10:30 a.m. over Zoom
- [Managing Emotional Eating](#) (2 part class) - Tuesdays, July 22 & 29 from 1:00 p.m. - 3:30 p.m. over Zoom
- [Your Kidney Health: What Should I Eat?](#) - Wednesday, July 23 from 1:00 p.m. - 2:30 p.m. over Zoom
- [Eating Well and Managing Irritable Bowel Syndrome](#) - Monday, August 11 from 9:30 a.m. - 10:30 a.m. over Zoom
- [COPD - Breathing Matters](#) (2 part class) - Tuesdays, August 12 & 19 from 10:30 a.m. - 11:45 a.m. over Zoom
- [Fibromyalgia: Facts and Function](#) - Wednesday, August 13 from 1:30 p.m. - 3:30 p.m. over Zoom