



Healthy Living Class – Nutrition and Active Living for Bone and Joint Health

For non-surgical and surgical patients. Held here in our Clinic.

Purpose:

This class is offered to patients going in for surgery to optimize operative and post-operative outcomes. It is also offered to patients that do not require surgery to improve quality of living. The Class is taught by a Registered Dietitian and a Kinesiologist.

What is this class about?

The class is an introduction to having a healthy lifestyle with focus on managing bone and joint health. It will help you identify personal goals and strategies to optimize nutrition and active living, and to achieve and maintain a healthy body weight. It will identify other supports and resources available to assist with health management.

For your appointment:

Bring paper and a pen to take notes if you wish, otherwise all materials will be provided. Please feel free to bring a friend.

What to expect at your clinic visit:

- Register at the reception desk in the Hip and Knee Clinic (Suite 335). Expect 2.5 hours of class time 9:00am – 11:30am

Alberta Healthy Living Program (AHLP)

The AHLP offers several classes on nutrition, activity, social support and chronic disease which are available throughout the city of Calgary. All this information will be provided to you during the class, however if you would like please use the below link to access information

www.albertahealthservices.ca/cdmcalgaryzone.asp

****If you have any questions, please call your case manager****

