

## List of classes offered at the St. Albert and Sturgeon PCN:

### **Anxiety (2 hours) Mar. 10, Mar. 27, Jun. 9, Jun. 26**

Learn what you can do to cope and some practical strategies to help you feel calmer.

### **Assert Yourself (2 hours) Jan. 21**

Learn better ways of communicating your needs and wants.

### **Grief and Loss (2 hours) Apr. 7, Apr. 24**

Learn to identify your behaviours and emotions as a result of loss and learn to move forward.

### **Happiness Basics (Four week program - 2 hour classes) Apr. 2**

Learn skills and strategies you can use daily to create your own happiness.

### **Mediterranean Diet (2 hours) Feb. 27, Mar. 24, Mar. 25, Apr. 3, Apr. 22, May 28, Jun. 24**

Learn the basics of the Mediterranean Diet and lifestyle pattern as well as the many known health benefits.

### **Menopause (2 hours) Jun. 10, Jun. 23**

Learn how to manage menopause, including information about hormone replacement, bone health and symptom management.

### **Mindful Eating (2 hours) Jan. 22, Feb. 26, Mar. 26, Apr. 26, May 27, Jun 25**

Learn how to change your relationship with food by using all your senses in choosing to eat food that is both satisfying and nourishing to your body.

### **Osteoarthritis 101 (2 hours) Feb. 4, Feb. 7, Feb. 19**

Learn more about symptoms, progression, pain management and tips for staying active.

### **Retirement - Retire from work, not life (2 hours) May 7, May 19**

This class will help participants prepare for the transition into retirement.

### **Sleep (2 hours) Mar. 6, Mar. 13, Mar. 17**

Learn some tips and tricks to improve your sleep hygiene and stop tossing and turning.

### **Stress (2 hours) Feb. 11, Feb. 28, May 13, May 28**

Learn how to manage daily stress and chronic stress, while keeping yourself feeling in control.

### **Understanding Depression (2 hours) Jan. 17, Jan. 28, Apr. 14, Apr. 28**

Learn more about the signs, symptoms and treatments available for depression, including medications and therapy options.