

What is the Alberta Heartland Primary Care Network?

We are a network of family doctors working with a team of healthcare professionals that work together with you to treat and manage your health conditions.

Back 2 Basics

We can help you on your journey to healthy living by going back to the basics. Learn to choose healthy eating, become more active, and set yourself up for success. Optional pedometer cost: \$12.50

(formerly ACES Healthy Living)

Monday, July 9, 16, 23 8:30 am – 10:30 am
Alberta Heartland PCN, #206, 9821 108 Street, Fort Saskatchewan

Diabetes Management

Whether you are newly diagnosed or have been living with diabetes for years, our team is here to help you manage your diabetes effectively. Management of diet, exercise, and medications helps you to control your diabetes, maintain your health and overall well-being.

Friday, July 13 9:00 am – 4:00 pm
Alberta Heartland PCN, #206, 9821 108 Street, Fort Saskatchewan

Wednesday, August 15, 22, 29 3:00 pm – 5:00 pm
Alberta Heartland PCN, #206, 9821 108 Street, Fort Saskatchewan

Physical Activity & Active Living for Everyone: What Moves You?

Are you ready to take the first steps to becoming physically active? Led by our Clinical Exercise Specialist, you will learn the basics of getting started with physical activity including the benefits of becoming more physically active and how physical activity and exercise can enhance your quality of life. You will learn strategies to incorporate more physical activity in your day and find opportunities to move more and sit less!

*Please note: This is the same workshop in Back 2 Basics.

Monday, August 20 4:00 pm – 6:00 pm
Alberta Heartland PCN, #206, 9821 108 Street, Fort Saskatchewan

