

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.

A.C.E.S. Healthy Living Program

Want to manage your weight or start living a healthier lifestyle but don't know where to start? Our program led by health professionals will help you with healthy eating, physical activity, developing a better relationship with food, and positive emotional health to set yourself up for success. Optional pedometer cost: \$12.50

Friday, June 23, 2017

9:00 am – 4:00 pm

Location: Lamont United Church Community Centre, 5306 51 Ave, Lamont

Friday, August 18, 2017

9:00 am – 4:00 pm

Location: Lions Pride Room, Dow Centennial Centre, 8700 84 Street, Fort Saskatchewan



Diabetes Management

Our team is here to help you manage your diabetes effectively, in the way that works best for you, whether you are newly diagnosed or have been living with diabetes for years. Management of diet, exercise, and medications helps you to control your diabetes, maintain your health and overall well-being.

Friday, June 9, 2017

9:00 am – 4:00 pm

Location: Lamont United Church Community Centre, 5306 51 Ave, Lamont

Friday, July 14, 2017

9:00 am – 4:00 pm

Location: Scotia Bank Room, Dow Centennial Centre, 8700 84 St, Fort Saskatchewan



Managing Stress & Anxiety

Managing stress and anxiety can sometimes feel like a continual balancing act. This small group workshop will provide strategies and techniques to help effectively reduce and manage the stress and anxiety in your life.

Thursday, July 6, 2017

1:00 pm – 3:00 pm

Location: Lamont United Church Community Centre, 5306 51 Ave, Lamont

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 our ACES Healthy Living Program.

Wednesday, July 5, 2017

9:00 am - 10:30 am

Location: Alberta Heartland PCN Boardroom, #206, 9821 108 Street, Fort Saskatchewan

Wednesday, August 16, 2017

1:00 pm - 3:00 pm

Location: Alberta Heartland PCN Boardroom, #206, 9821 108 Street, Fort Saskatchewan



Let's Talk Menopause!

Dealing with hot flashes, night sweats, trouble sleeping, and mood swings related to menopause? Discover ways to help manage these symptoms through lifestyle changes, non-prescription and prescription therapy options, including a detailed discussion on hormone therapy.

Thursday, June 15, 2017

7:00 pm – 9:00 pm

Location: Lions Pride Room, Dow Centennial Centre, 8700 84 Street,
Fort Saskatchewan