

Healthy Aging Community Workshops

Project Summary

The Alberta Centre for Active Living will be offering educational workshops on older adult physical activity and healthy eating across Alberta in partnership with Alberta Regional Health Authorities. Practitioners and community leaders who provide services for older adults will be able to attend a workshop to

- learn about physical activity and healthy eating and how they fit into the continuum of care for older adults;
- learn about provincial resources and programs for promoting healthy aging; and
- build capacity to promote healthy aging in their communities.

Workshop Content

Two key resources will be highlighted: *Canada's Physical Activity Guide to Healthy Active Living for Older Adults* and *Canada's Food Guide*. The guides serve as roadmaps for healthy aging—explaining why physical activity and healthy eating are important, offering tips and ideas, and stating how much is needed to maintain good health and improve quality of living later in life.

Other resources, which will be shared at the workshops, will include

- older adult active living and physical activity best-practice programs and resources that can be accessed within Alberta (such as Active Anytime Anywhere, Ever Active Adults, the Home Support Exercise Program, and others);
- healthy eating resources for older adults that can be accessed within Alberta (such as Eat Well, Live Well for a Lifetime from the Dietitians of Canada, *Canada's Food Guide* from Health Canada, and many other national and local programs);
- Alberta Centre for Active Living resources for practitioners, such as the centre's web site, publications, information request service, resource library, and older adult projects;
- Active Lifestyles Portfolio (ALP) resources (ALP member organizations are located regionally around Alberta and promote physical activity in partnership with Regional Health Authorities and communities);
- Health in Action (a web site that connects health practitioners to health promotion and injury prevention information).

Cost of the Workshop

The project recognizes that current Regional Health Authority budgets for health promotion are often limited. To address this reality, the project will provide these educational workshops at no cost to Regional Health Authorities or individuals attending. The Alberta Centre for Active Living will host four 1.5-hour workshops in various locations identified by the health region. Participating Regional Health Authorities will be asked to provide assistance in identifying workshop sites, promoting the workshops, and recruiting participants.

To host this workshop in your area, contact
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The Alberta Centre for Active Living is supported by

