

Date: _____

Client Information
Name: _____
Address: _____
City/Town: _____
Date of Birth(y/m/d): _____
Name of Physician or NP: _____
Personal Health Number: _____
Phone Primary: _____
Cell: _____

Contact Information
Name & Position of person referring: _____
Phone/Fax: _____
Referral from PCN or FCC: _____

Referral Request:

I am referring the above patient to the **Alberta Healthy Living Program** and I have explained to my client that Alberta Health Services staff will be contacting them to register for the following: *(Check all that apply)*

For further workshop descriptors, please refer to the 2021 NZ AHLP workshop guide.

Please note: clients will be informed of delivery option upon registration (Zoom, in-person)

Education Workshops (each workshop is interactive and lead by a Nurse, Dietitian or Educator)

- Managing Diabetes** (managing Type 2 diabetes- 3 week series of 2.5 hours per week)
- Heart & Stroke** (managing blood pressure & cholesterol- 2 week series of 2.5 hours per week)
- Getting to Know COPD** (understand and manage COPD-1 1.5 hour session)
- Minding Stress** (2 week series of 2.5 hours per week)
- Adult Weight Management** (each tier is a 3 week series of 2.5 hours per week)
 - Tier 1** – principles of weight management; physical activity; calories and nutrition.
 - Tier 2** – planning meals; physical activity plans; feelings and emotions
 - Tier 3** – eating away from home; overcoming challenges/barriers; positive changes
- Better Choices, Better Health® - Self-Management OR Chronic Pain Program**
 - Develop skills and confidence to manage daily health challenges; pain & fatigue, medication management, difficult emotions, planning for the future
 - 6 week series, one day per week for 2.5 hours
- Exercise Program**
 - Includes exercise assessment and personalized modifications for program. Focus on strength, endurance, flexibility and balance.
 - 6 week series, twice per week for 1.5 hours; virtual delivery

Comments:
