

Yukon Healthy Living Program

October to November Workshops 2026



Join us for a variety of workshops relating to self-management strategies specific to chronic disease management and other lifestyle topics.

To register for workshops at the Yukon Healthy Living Program, please contact us:



867-667-8733



yhlp@yukon.ca

All programming is offered in person at 4201-4 Ave, Unit 300, Whitehorse, online via Zoom, or at partner locations. Programs marked with * are held off-site at a partner location, for example, at the Canada Games Centre (CGC). We'll confirm the location of your workshops for you when you register. Don't see the program you're looking for? Give us a call to find out when our next offerings are!

Current Workshops

Diabetes workshops

- Getting Started: What is Pre-diabetes?
- Diabetes Wellness
- Diabetes Burnout

Healthy living workshops

- Sleep Solutions: Improving Sleep Hygiene
- Introduction to Chronic Pain Management

Nutrition workshops

- Heart Healthy Nutrition
- Healthy Eating Habits
- Anti-inflammatory Diet
- Food and Feelings

Exercise workshops

- Movement Matters
- Pacing: Understanding Energy Management
- Moving for Better Mental Health
- Living Well with Osteoarthritis
- Fall Prevention

Guest workshops

- Advanced Care Planning
- Caregiver Support
- Grief and Chronic Conditions
- Housing Supports

Schedule on backside of this page

October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Movement Matters* (CGC) 1:30 pm	2
5 Intro to Chronic Pain Management 5:30 pm	6	7	8	9 Anti-inflammatory Diet 12:15 pm
12 Office closed	13 Healthy Eating Habits 12:15 pm	14	15	16
19 Fall Prevention 12:15 pm	20 Diabetes Wellness 12:15 pm	21	22	23
26	27 Sleep Hygiene 12:15 pm	28	29	30

November 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 Medication management 12:15 pm	3 What is Pre-diabetes? 12:15 pm	4	5	6
9 Food and Feelings 12:15 pm	10 Living Well with Osteoarthritis 12:15 pm	11 Office closed	12 Movement Matters* (CGC) 1:30 pm	13
16	17 Heart Healthy Nutrition 12:15 pm	18	19	20 Intro to Chronic Pain Management 12:15 pm
23	24 Pacing: Prioritizing Energy Management 12:15 pm Diabetes Wellness 5:30 pm	25	26	27
30				