

July to September 2026 Workshops

Yukon Healthy Living Program



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. 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!

July 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Office closed	2 Movement Matters* (CGC) 1:30 pm	3
6	7 Anti-inflammatory Diet 12:15 pm	8 Getting Started: What is Pre-diabetes? 12:45 pm	9	10
13	14 Living Well with Osteoarthritis 12:15 pm	15	16 Healthy Eating Habits 5:30 pm	17 Intro to Chronic Pain Management 12:15 pm
20	21 Housing supports 12:00 pm	22	23 Sleep Hygiene 12:15 pm	24
27 Wills & Estates 12:15 pm	28 Diabetes Wellness 12:15 pm	29	30	31

August 2026

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6 Heart Healthy Nutrition 12:15 pm Movement Matters* (CGC) 1:30 pm	7
10	11 Medication management 12:15 pm	12	13 Healthy Eating Habits 12:15 pm	14 Caregiver support 12:15 pm
17 Office closed	18	19	20 Moving for better mental health 12:15 pm	21 Living Well with Osteoarthritis 12:15 pm
24	25	26	27 Diabetes Wellness 5:30 pm	28 Intro to Chronic Pain Management 12:15 pm
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September 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2 Getting Started: What is Pre-diabetes? 12:45 pm	3 Movement Matters* (CGC) 5:30 pm	4
7 Office closed	8 Diabetes burnout 12:15 pm	9	10 Heart Healthy Nutrition 5:30 pm	11 Advanced Care Planning 12:15pm
14	15 Pacing: Prioritizing Energy Management 12:15 pm	16	17	18
21	22	23	24 Diabetes Wellness 12:15 pm	25 Navigating healthcare 12:15 pm
28	29 Living Well with Osteoarthritis 12:15 pm	30 Office closed		