



**Red Deer Primary Care Network presents:**

## **Coach Training for Health Care Professionals**

The Alberta Health Basics Program showed a 92% increase in activity and healthy eating and 80% of participants stated that their health condition had improvement after completing the program. Positive changes in quality of life included:

- Increases in vitality and general health
- Better mental health
- Reduced waist circumference and weight loss of 1.2 kg over 8 week program

Group Participant's comments:

*"Well rounded classes. Helps to find roadblocks and offer solutions".*

*"I was impressed that the whole person was addressed, including physical, mental and emotional."*

Alberta Health Basics is an 8 week group program. It is a simple, positive and empowering lifestyle program. It is for people who want to choose healthy living, lose weight, prevent memory loss and become more active. Participant and coach's manuals have been developed for the workshop, along with the Alberta wide branding which makes it transferable to any organization. Alberta Health Basics workshops have been offered by Red Deer PCN for the last 9 years.

Coach training is available **on-line** or **in person**. On-line training has no cost. In-person training is offered a limited number of times per year and trainees cover their personal expenditures. In person training offers more opportunity for practice and feedback. Organizations may choose a combination of training options. Decisions are generally made on learning style of trainees and organizational resources.

**To reserve a spot in the July 2020 in-person training:**

- complete the attached registration form
- mail it along with your payment to Red Deer Primary Care Network **by May 15, 2020**



**When: July 9-10, 2020**

**Registration: July 9<sup>th</sup> 8:30 am**

**Session time each day: 9:00 am – 4:00 pm**

16 Hours of Pre reading and video review is required. You will get access to this on the PMO site after registering- please give 2 weeks for access so plan ahead.

**Where: Red Deer Primary Care Network  
5120 47 Street,  
Red Deer, AB**

**Cost: \$125.00** (to cover nutrition breaks, lunch & take-home training materials)

**Accommodation:**

If accommodations are required, we suggest the:  
**Black Knight Inn @ 844.746.8750**  
**Super 8 Red Deer City Centre @ 403.358.7722**

**Questions?** Contact Gail Loov at [programsharing@rdpcn.com](mailto:programsharing@rdpcn.com)  
or 403.406.4117



# Facilitator Training Application Form For Health Care Professionals

July 9-10, 2020

*Please complete this registration form and mail it along with your \$110 registration fee to Red Deer Primary Care Network by May 15, 2020*

Name: \_\_\_\_\_

Company: \_\_\_\_\_ Professional Designation \_\_\_\_\_

Email: \_\_\_\_\_ Contact Number: \_\_\_\_\_

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**Why are you interested in becoming an Alberta Health Basics Coach?**

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**How do you see spreading this program at your workplace?**

The training program requires a minimum of 5 participants. If the minimum participants are not achieved for this Learning opportunity, it may be cancelled with full refund of registration fee.