

Your family doctor is a member of the Edmonton O-day'min PCN. That means you are too!

The Edmonton O-day'min Primary Care Network has an entire team of healthcare professionals who work with you and your family doctor to help you manage your health.

Through one-on-one appointments and group classes, we can help you:



Eat healthier

Our registered dietitians provide nutrition counselling, support, guidance and education for healthy living and dietary concerns.



Get active

Improve your fitness or increase your activity for a better quality of life. We develop realistic and attainable plans that work for you.



Manage a chronic condition

Dealing with chronic health concerns? Our nurses provide education and support to manage and improve your health.



Improve your mental health

Our mental health team can help with everyday concerns, anxiety, depression, emotional eating, addictions and more.



Understand your medication

Our pharmacy team provides expert advice and comprehensive reviews on your medication to help you understand them better.



Reduce your tobacco use

Breaking a habit can be tough. Let us help. Get info, strategies for cutting down and encouragement in a no-pressure setting.



Get support for adult autism

Access a hub of autism-friendly support, health care and mental health services through our TRANSITIONS program.



Take care of problem feet

Receive assessment, education, and short-term care of lower-leg and foot conditions from our Lower-Leg & Foot Care Clinic.



See a specialist

Benefit from timely access to our on-site specialists and efficient handling of your referral to other outside specialists.



Thrive in your senior years

Maximize your health and vitality with our Seniors' Community Hub program. We do a comprehensive assessment and link you to the right supports.

Workshops, Group Therapy & Lifestyle Programs

Join us and take charge of your health and well-being. We'd love to see you.

Mental Health

Mindfulness-Based Cognitive Therapy Group Series

Dealing with depression? Join us and learn to manage distressing thoughts and feelings, and increase your self-compassion and self-acceptance.

Grief Recovery Method® Support Group Series

Learn to alleviate the pain, isolation and loneliness caused by loss of any kind, and get equipped with the tools to recover with supportive, emotional guidance.

Mental Wellness 101

If you're struggling, this class is a great starting point. We explore common mental health concerns, cognitive behavioural therapy and coping strategies.

Insomnia Workshop

Having trouble sleeping? We can help you understand what affects your ability to fall and stay asleep, and teach you strategies to optimize your sleep habits for longer, deeper, better sleep.

Coping with Anger

This class introduces methods for working through anger, provides coping strategies and a supportive environment to discuss how to implement those tactics in your life.

Effective Communication

Want to communicate better with the people in your life? Learn about different communication styles, setting boundaries, and strategies on how to be assertive and say "No" when you need to.

Workplace Stress & Bullying

Learn how to reduce workplace stress, handle bullying and create coping mechanisms to get your work-life balance back on track.

Nutrition

Craving Change™ Series

Change your eating habits by changing your relationship with food. Understand why you eat the way you do and learn to comfort yourself *without* food. 4 weeks, 2 hr classes

Healthy Eating 101

Learn healthy eating strategies that really work. Improve your general health or manage health conditions—from diabetes or high cholesterol to weight management.

Centering Your Meals with Plants

We all know vegetables are healthy, but most of us don't know how to make them taste good, or we feel uninspired by the same salad. Get tips for flavouring vegetables and meal planning, and some vegetable-focused recipes.

Label Reading

Learn how to read and decode nutrition labels so you can make healthy choices next time you go to the grocery store. Learn what parts of the label matter most for YOUR health.

Protein & Fibre: Am I getting enough?

Learn tips to manage your appetite and weight in this class. We'll help you evaluate your diet and find practical ways to make sure you're "hitting the mark" for both protein and fibre.

Eating Well the Mediterranean Way

This heart-healthy style of eating is full of fresh food and bold, rich flavours. Learn how you can incorporate healthy foods, and eat like you're in the Mediterranean.

Healthy Meal Planning

Develop skills to break menu planning down into simple steps. A dietitian will help you consider what you need to get started, and how to work around your work schedule and family commitments.

Cooking for One

Find out how you can make cooking and eating alone more enjoyable and practical, and get resources to make the task easier.

Exercise & Active Living

Active Living 101

Understand the effects of inactivity, proper standing and sitting mechanics, current physical activity guidelines and SMART goal setting.

GLA:D Back

Learn how to manage persistent back pain in this evidence-based group exercise program. Program includes two education sessions followed by 16 group exercise classes (2/week for 8 weeks).

GLA:D Hip & Knee

Learn how to self manage your hip and knee osteoarthritis in this evidence-based group exercise program. Program includes two education sessions followed by 12 group exercise classes (2/week for 6 weeks).

MOVE Program (Drop-In)

MOVE is a free outdoor walking program led by our Community Health Navigators to increase movement and social connection.

Tobacco Reduction

QuitCore

Learn the skills you need to quit using tobacco in a supportive, no-pressure environment. Explore strategies to manage withdrawal, handle stress and prevent relapse in this free program. Sign up at AlbertaQuits.ca.

Get detailed information on these and additional classes and programs at EOPCN.ca



Class Details Legend

- = On-Demand Class
- = Live Class
- = Class length (mins)
- = # of classes