

Yukon Healthy Living Program

Spring and summer 2025

Diabetes programs



Getting started: What is pre-diabetes?

June 25 • 12 to 1 pm

September 10 • 12 to 1 pm

Learn more about pre-diabetes, risk factors, and lifestyle management strategies.

Next level carb counting and insulin 101 (two session series)

September 16 and 18 • 6 to 8 pm

Learn how to identify and balance your carbohydrate intake and insulin levels to improve your blood sugar control. Recommended for diabetics using insulin for management.

Diabetes wellness (two session series)

May 20 and 22 • 1 to 3:30 pm or

August 26 and 28 • 6 to 8:30 pm

Learn from a variety of diabetes specialists and connect with others living with diabetes. Take action with practical tips for healthy eating, self-managing and physical activity.

Exercise programs



Contact us to learn more about our pulmonary rehabilitation, supervised exercise, and cardiac rehabilitation programs.

All programming offered in person at 4201-4 Ave, Unit 300, Whitehorse or on Zoom. Free.

Lunch and learn



Bring your lunch

Living well with osteoarthritis

June 13 • 12 to 1 pm

August 22 • 12 to 1 pm

Wills and estates

May 28 • 12 to 1 pm

Hosted by Yukon Public Legal Education Association

Pacing: Understanding energy management

June 4 • 12 to 1 pm

Advanced care planning

June 6 • 12 to 1 pm

Hosted by the Palliative Care Team

Sleep solutions: Improving sleep hygiene

June 18 • 12 to 1 pm

Introduction to chronic pain management

June 27 • 12 to 1 pm

September 3 • 12 to 1 pm

Mindfulness for stress reduction

July 9 • 12 to 1 pm

Hosted by Mental Wellness Substance Use Services

Informed decision making at the hospital

August 13 • 12 to 1 pm

Grief and chronic conditions

August 20 • 12 to 1 pm

Hosted by Hospice Yukon



**To register or for more information
phone 867-667-8733 or email yhlp@yukon.ca.**

Yukon