

RELIABLE WEBSITES



780-986-6624
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LEDUC, AB T9E 6W2

Health-related information:

Health Canada Website: www.hc-sc.gc.ca

Diabetes Canada Website: www.diabetes.ca

Obesity Canada Website: www.obesitycanada.ca

Alberta Health Services Website: www.albertahealthservices.ca

My Alberta Health Website: www.myhealth.alberta.ca

Healthy eating & diet information:

AHS Nutrition Education Website: www.albertahealthservices.ca/nutrition/Page11115.aspx

Diabetes Canada Website: www.diabetes.ca/nutrition---fitness/exercise---activity

UnlockFood.ca: www.unlockfood.ca

Cookspiration.com: www.cookspiration.com

Exercise and Movement:

Participaction Website: www.participaction.com/the-science

Canadian Guidelines for Exercise Website: www.csepguidelines.ca

Finding Balance Website: www.findingbalancealberta.ca

Ortho Info Website: www.orthoinfo.aaos.org

Diabetes Canada: www.diabetes.ca/managing-my-diabetes/tools---resources/physical-activity

Exercises - Leduc Beaumont Devon Primary Care Network Youtube: <https://tinyurl.com/4fzpbjse>

Mental Health

Anxiety Canada Website: www.anxietycanada.com

Therapist Aid Website: www.therapistaid.com

Help Finding a Therapist: www.psychologytoday.com

Centre for Clinical Interventions Website: www.cci.health.wa.gov.au

Canadian Mental Health Association: www.cmha.ca



www.lbdpcn.com