



Conserving Your Energy

Are your symptoms of fatigue interfering with daily life? This 2-session class with an Occupational Therapist will help you understand:

- The different types of fatigue and how to identify them.
- What may be making your fatigue worse.
- How to address extreme fatigue symptoms.
- Ways to manage your fatigue.

Class Type	Date	Time	How to Register
Online	Monday, May 6 & 13	10:00 a.m. – 11:30 a.m.	Register online or call 1-844-527-1160 Hosted by Calgary Zone
	Tuesday, September 10 & 17	1:00 p.m. – 2:30 p.m.	

These classes are for Albertans over the age of 18. Online classes are on Zoom and participants should have access to:

- A computer, tablet, or smartphone with a working camera and microphone;
- An internet connection; [visit this webpage to learn how to join a Zoom class](#);
- A private space in Alberta while attending the class.

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