



Fibromyalgia: Fact and Function

Living with fibromyalgia can feel very limiting. Join a Kinesiologist to learn about:

- What fibromyalgia is.
- The treatment options available.
- How to maintain and improve function through exercise.

Class Type	Date	Time	How to Register
Online	Thursday, May 16	1:30 p.m. – 3:30 p.m.	Register online or call 1-844-527-1160 Hosted by Calgary Zone
	Tuesday, July 9	1:30 p.m. – 3:30 p.m.	
	Thursday, September 19	1:30 p.m. – 3:30 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.

[Join our e-mail distribution list](#) to receive the newsletter and other updates for the Alberta Healthy Living Program – Calgary Zone.



Updated April 1, 2024