



Staying Active & Exercising with Osteoporosis

Being active and exercising are important ways to help manage osteoporosis, lower our risk of falling, and to protect our bones. A Physiotherapist leads this class and they will talk about:

- Why it is good to stay active and exercise with osteoporosis.
- Moving safely while being active and exercising.
- How much and what kind of exercises to do to keep bones healthy and strong.

Class Type	Date	Time	How to Register
Online	Tuesday, May 28	1:30 p.m. – 2:45 p.m.	Register online or call 1-844-527-1160 Hosted by Calgary Zone
	Tuesday, August 13	1:00 p.m. – 2:15 p.m.	
	Thursday, October 3	10:00 a.m. – 11:15 a.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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