



Understanding Obstructive Sleep Apnea

Do you have obstructive sleep apnea (OSA)? Are you looking for more information on OSA and its treatment options? Join a Respiratory Therapist for this supportive class and ask your questions about sleep apnea. This class will talk about:

- What OSA is and its causes.
- Testing and treatment options.
- When to see your doctor.
- Choosing an equipment supplier.

Class Type	Date	Time	How to Register
Online	Tuesday, August 27	10:30 a.m. – 11:30 a.m.	Register online or call 1-844-527-1160 Hosted by Calgary Zone
	Tuesday, November 5	10:30 a.m. – 11:30 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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