



# Moving Matters

Adding movement and physical activity to your life can help improve and manage your health and reduce your risk of developing chronic conditions. Join an online class to learn about:

- Types of physical activity to try
- Starting a new activity safely and how much to do
- Problem solving barriers to becoming more active

	Date	Time	How to Register
1 x 90-minute Online class	Friday, May 17	9:00 a.m. – 11:30 a.m.	<a href="#">Register online</a> or call 1-877-314-6997 Hosted by Central Zone
	Monday, September 16	1:00 p.m. – 3:30 p.m.	
	Wednesday, May 29	5:30 p.m. – 8:00 p.m.	<a href="#">Register online</a> Or call 1-877-349-5711 Hosted by North Zone
	Monday, June 17	9:30 a.m. – 12:00 p.m.	

**Note:** this class is also a part of the [10-part Adult Weight Management Series](#). If you are registered for that series, you do not need to register for this class.

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.

