

Stress



Stress is a part of life and it can easily become overwhelming. Join one of our 2- or 3-part online classes to learn about:

- What stress is and what causes it
- How stress can affect your life and chronic condition(s)
- Ways to prevent or reduce stress
- Healthy ways to manage stress

Class Type	Date	Time	How to Register
In-person	Tuesday, May 14	2:15 p.m. – 4:15 p.m.	In-person at Nicholls Family Library. Registered through the Calgary Public Library
2-part online	Thursday, May 16 & 23	1:30 p.m. – 3:30 p.m.	Call 1-866-506-6654 Or 1-866-795-9709 Hosted by South Zone
	Monday, May 27 & June 3	5:30 p.m. – 8:00 p.m.	Register online or call 1-877-314-6997 Hosted by Central Zone
	Tuesday, June 11 & 18	9:30 a.m. – 12:00 p.m.	Register online or call 1-844-527-1160 Hosted by Calgary Zone
3-part online	Thursday, May 2, 9 & 16	6:00 p.m. – 8:30 p.m.	Call 1-825-404-7460 or 1-866-735-1051 and press 2 Hosted by Edmonton Zone
	Wednesday, June 12, 19 & 26	6:00 p.m. – 8:30 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.



Alberta Healthy Living Program