

# Cooking When Fatigued

## What can I expect to learn?

Learn to prepare and cook healthy meals when you live with chronic fatigue or mobility issues related to neurological conditions or arthritis.

## How is this class being offered?

Over Zoom®

## How long is the class?

1.5 hours

## Does it cost to attend?

It's free!

## Who can register for this class?

Anyone in Alberta interested in learning how to adapt recipes and use easily found kitchen equipment to make cooking easier.

## How can I register for this class?

Registration details are found within the [SHC Wellness Centre Program Guide](#).

## Questions

Email: [wellness.shc@ahs.ca](mailto:wellness.shc@ahs.ca)



Call, text, or chat with 211 Alberta ([ab.211.ca/](https://ab.211.ca/)) to find out about financial benefits, programs, and services.