

Better Breathing

What can I expect to learn?

Breathing can feel challenging for many reasons. We do not usually think about our breathing and how the way we breathe can change. Focusing on your breathing can help you manage stress, anxiety, and some symptoms of different health conditions.

All adults can find this class helpful. Come join a Respiratory Therapist to talk about:

- Using breathing to manage everyday life
- Breathing effectively during exercise
- Ways to breathe better
- Guided practice for better breathing

How many classes are there?

One session for 1 hour and 15 minutes

How is this class being offered?

Over Zoom

Who can register for this class?

Adults who live anywhere in Alberta and who are physically present in Alberta during the session

How can I register for this class?

For information about when this class is being offered or to register, you can:

- Scan the QR code;
- [Register online](#);
- Use our [Class Schedule Guide](#) or [Class Description Handbook](#); or
- Phone us at 1-844-527-1160

To receive updates about upcoming programs and services offered by the Alberta Healthy Living Program- Calgary Zone, [join our e-mail distribution list](#).

