



Conserving Your Energy

Are your symptoms of fatigue interfering with daily life? This 2-session class with an Occupational Therapist will help you understand:

- The different types of fatigue and how to identify them.
- What may be making your fatigue worse.
- How to address extreme fatigue symptoms.
- Ways to manage your fatigue.

Class Type	Date	Time	How to Register
Online	Monday, June 16 & 23, 2025	10:00 a.m. – 11:30 a.m.	Register online or call 1-844-527-1160 Hosted by Calgary Zone
	Monday, October 20 & 27	10:00 a.m. – 11:30 a.m.	
	Thursday, December 11 & 18	1:00 p.m. – 2:30 p.m.	

Click “register online” to see if there are additional class dates available.

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.

[Sign-up](#) for the e-newsletter and updates from the Alberta Healthy Living Program – Calgary Zone.

