

Conserving Your Energy

What can I expect to learn?

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

How many classes are there?

Two classes for 1 hour and 30 minutes each

How is this class being offered?

Over Zoom

Who can register for this class?

Adults who are living in Alberta and will be in Alberta during the class

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](#).

