

Fibromyalgia: Fact and Function

What can I expect to learn?

Join a Kinesiologist to learn about what fibromyalgia is and the treatment options that are available. Discover how you can maintain and improve function through exercise

- What Fibromyalgia is
- The treatment options available
- How to maintain and improve function through exercise

How many classes are there?

One class for 2 hours

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](#).

