

Calgary Ambulatory Lymphedema Service (CALS) Education Session



Lymphedema can cause swelling that can be painful and make it difficult to move. Learn how you can manage these symptoms and what services are available to you. This class will talk about:

- Lymphedema and the treatment provided by CALS.
- What treatment means, including how much time, money, and effort is needed.
- Tools to help manage lymphedema at home.
- Lymphedema resources.

Note: This is an information/education session only and participation is highly recommended to proceed with a CALS assessment.

Class Type	Date	Time	How to Register
Online	Thursday, May 15, 2025	10:30 a.m. – noon	Register online or call 1-844-527-1160 Hosted by Calgary Zone
	Thursday, June 19, 2025	10:30 a.m. – noon	
	Thursday, July 17, 2025	10:30 a.m. – noon	

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.



Updated April 15, 2025