

Staying Active and Exercising with Osteoporosis

What can I expect to learn?

Being active and exercising are important ways to help manage osteoporosis, lower our risk of falling and protect our bones. A Physiotherapist leads this class and will talk about:

- Why it is good to stay active and exercise with osteoporosis
- Moving safely while being active and exercising
- How much and what kind of exercises to do to keep bones healthy and strong

How many classes are there?

One session for 1 hour and 15 minutes

How is this class being offered?

Over Zoom and in-person

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 with your phone, scroll to page 18 and click on the class title;
- [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](#).

