

Understanding Obstructive Sleep Apnea

What can I expect to learn?

Do you have obstructive sleep apnea (OSA)? Are you looking for more information on OSA and have questions about treatment options? Join a Respiratory Therapist for this supportive 60-minute class and ask your questions about sleep apnea.

The Respiratory Therapist leading the class will explore:

- What obstructive sleep apnea (OSA) is;
- Causes of OSA;
- Testing and treatment options for OSA;
- When to see your doctor; and
- Choosing an equipment supplier

How many classes are there?

One class for 1 hour

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](#).

