

Chronic Obstructive Pulmonary Disease (COPD)



Choose from a 1-part, 2-part, or 3-part online COPD class to learn about:

- What COPD is and how it is diagnosed.
- Identifying triggers and managing flare-ups.
- Medications for COPD, including best ways to use inhaler devices.
- Helpful breathing tips.
- Preventing the progression of COPD.

| Class Type | Date | Time | How to Register |
|--|--------------------------------|-------------------------|---|
| Getting to Know COPD 1 x 90-minute class | Future Dates To Be Determined | | Register online Or call 1-877-349-5711 Hosted by North Zone |
| COPD – Breathing Matters 3 x 1.25-hour classes | Tuesday, June 11, 18 & 25 | 10:30 a.m. – 11:45 a.m. | Register online or call 1-844-527-1160 Hosted by Calgary Zone |
| | Tuesday, September 10, 17 & 24 | 10:30 a.m. – 11:45 a.m. | |
| COPD 2 x 2.5-hour classes | Future Dates To Be Determined | | Call 1-866-506-6654 Or 1-866-795-9709 Hosted by South Zone |

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.



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