

Atrial Fibrillation



This 90-minute virtual class provides education and support for the management of Atrial Fibrillation (A-Fib). It is designed both for individuals living with this heart rhythm disorder and anyone wanting to learn more about it.

Topics include:

- Understanding how this condition affects the heart
- Signs and symptoms
- Causes
- Diagnosis and monitoring
- Treatment options
- Lifestyle management and risk reduction

Class Type	Date	Time	How to Register
Online	Sept 17th	10:00am–11:30am	1-866-506-6654 (Lethbridge or rural) 1-866-795-9709 (Brooks, Medicine Hat, and rural area) 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.



**Primary Care
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Alberta Healthy Living
Program