

Energy Management

What can I expect to learn?

- What fatigue looks like and how it affects your energy levels
- How to manage your energy with the hope that you will be better able to do the things you want and need to do
- How to plan daily tasks
- Ways to manage your limitations

How many classes are there?

- 2 classes for 2 hours each

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 more information about class schedules or to register, phone toll free 1-866-506-6654 or 1-866-795-9709