

Supervised Exercise Program

What can I expect to learn?

- The different types of exercise
- How to self-monitor and stay safe while exercising
- Symptom management
- How to increase your endurance, muscle strength, balance and flexibility

A physician's referral is required.

How many classes are there?

- 1 hour each but varies by community

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