

Date: June 18, 2021

To: Isabel Henderson, Executive Director – Special Projects

From: Teresa Krahn, Program Manager – Alberta Healthy Living Program

RE: “Helping You Feel Better After COVID-19” Health Education Classes

The Alberta Healthy Living Program in the Calgary Zone provides programs and services to the chronic disease management population. These programs can be placed into three distinct categories which include nutrition counselling and education, health education classes, and physical activity programming and one on one support.

We have recently added new Post-COVID health education classes entitled “Helping You Feel Better After COVID-19”. These classes are open to any Albertan over the age of 18 and are free of charge. Details about these classes, a link to a flyer promoting these classes and information on registration are included below:

- *Eating After COVID-19*
- *Managing Breathing and Sleep*
- *Managing Daily Life*
- *Managing Pain and Getting Active*
- *Managing Stress*

Link to the health education flyer: [Alberta Healthy Living Program Helping You Recover after COVID-19 \(albertahealthservices.ca\)](https://www.albertahealthservices.ca/healthy-living-program/helping-you-recover-after-covid-19)

Registration by phone:

403-943-2584 (long distance charges may apply)
Call Centre hours are Monday to Friday, 8:00 am to 4:00 pm

Registration online:

[Alberta Health Services - Public Access \(booking.ca\)](https://www.albertahealthservices.ca/healthy-living-program/booking)

All of these classes are virtual and facilitated by health care professionals. Any questions about this program or the Alberta Healthy Living Program can be directed to Teresa Krahn at 403-472-9834 or teresa.krahn@ahs.ca.

Teresa Krahn
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Cc: Rod Iwanow, Director, Primary Care, CDM, Urban Urgent Car