

# Rehabilitation Advice Line

Rehabilitation advice can help you recover and manage health conditions like injuries, chronic disease, Post-COVID Condition or concerns about your child's development.

**A healthcare professional on the line can provide you with:**

- Activities and exercises to help with physical concerns
- Strategies to manage day-to-day activities affected by these concerns
- Advice on how to support your child's development and well-being
- Available rehabilitation services
- Community organizations available for support

# 1-833-379-0563

— 9 a.m. to 5 p.m. Monday to Friday  
For Albertans of any age