

Better Breathing



Breathing can feel challenging for many reasons. We do not usually think about our breathing and how our breathing can change. Focusing on your breathing can help you manage stress, anxiety, and some symptoms of different health conditions.

All adults can find this class helpful. Come join a Respiratory Therapist to talk about:

- Using breathing to manage everyday life.
- Breathing effectively during exercise.
- Ways to breathe better.
- Guided practice for better breathing.

Class Type	Date	Time	How to Register
Online	Tuesday, May 13	10:30 a.m. – 11:45 a.m.	Register online or call 1-844-527-1160 Hosted by Calgary Zone
	Monday, June 16	10:30 a.m. – 11:45 a.m.	
	Tuesday, July 15	10:30 a.m. – 11:45 a.m.	
	Monday, August 18	10:30 a.m. – 11:45 a.m.	

Click “register online” to see if there are additional class dates available.

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.

[Sign-up](#) for the e-newsletter and updates from the Alberta Healthy Living Program – Calgary Zone.



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