



Fibromyalgia: Fact and Function

Living with fibromyalgia can feel very limiting. Join a Kinesiologist to learn about:

- What fibromyalgia is.
- The treatment options available.
- How to maintain and improve function through exercise.

| Class Type | Date | Time | How to Register |
|------------|----------------------|-----------------------|---|
| Online | Thursday, June 12 | 1:30 p.m. – 3:30 p.m. | Register online or call 1-844-527-1160 Hosted by Calgary Zone |
| | Wednesday, August 13 | 1:30 p.m. – 3:30 p.m. | |
| | Thursday, October 16 | 1:30 p.m. – 3:30 p.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.

