

# Pacing for People with Chronic Pain



Learn about how pacing is an important tool in managing the relationship between energy levels and chronic pain. This class led by Occupational Therapists will cover:

- The relationship between energy levels and chronic pain.
- Why pacing is an important tool in managing chronic pain.
- Three ways to apply pacing in your daily activities.
- Ways to avoid flare-ups and developing a flare-up plan.

Class Type	Date	Time	How to Register
Online	Wednesday, May 7 & 14	10:00 a.m. – 11:15 a.m.	<a href="#">Register online</a> or call 1-844-527-1160 Hosted by Calgary Zone
	Monday, September 15 & 22	10:00 a.m. – 11:15 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.

