



Staying Active & Exercising with Osteoporosis

Being active and exercising are important ways to help manage osteoporosis, lower our risk of falling, and to protect our bones. A Physiotherapist leads this class and they will talk about:

- Why it is good to stay active and exercise with osteoporosis.
- Moving safely while being active and exercising.
- How much and what kind of exercises to do to keep bones healthy and strong.

Note: This is an information session only. Participants will not be exercising in this class.

| Class Type | Date | Time | How to Register |
|------------|-------------------------|-------------------------|---|
| Online | Wednesday, June 4, 2025 | 1:00 p.m. – 2:15 p.m. | Register online or call 1-844-527-1160 Hosted by Calgary Zone |
| | Tuesday, July 8, 2025 | 10:30 a.m. – 11:45 a.m. | |
| | Tuesday, September 16 | 1:00 p.m. – 2:15 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.

