



## Supervised Exercise Information Session

### What can I expect to learn?

- What a supervised exercise program looks like and what to expect
- Answers to your questions about the program
- If the program is right for you

### How many classes are there?

One class for 1 hour and 30 minutes

### How is this class being offered?

Over Zoom

### Who can register for this class?

Adults who live in [Central Zone](#) and who are physically present in Alberta during the session.

### How can I register for this class?

Phone toll free 1-877-314-6997 or click here to view our online [class schedule](#)

