

# Chronic Obstructive Pulmonary Disease (COPD)



Choose from a 1-part, 2-part, or 3-part online COPD class to learn about:

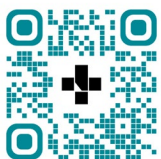
- What COPD is and how it is diagnosed.
- Identifying triggers and managing flare-ups.
- Medications for COPD, including best ways to use inhaler devices.
- Helpful breathing tips.
- Preventing the progression of COPD.

Class Type	Date	Time	How to Register
<b>COPD – Breathing Matters</b> 3 x 1.25-hour classes	Tuesday, June 10, 17 & 24	10:30 a.m. – 11:45 a.m.	<a href="#">Register online</a> or call 1-844-527-1160 Hosted by Calgary Zone
	Tuesday, August 12 & 19 (2-session)	10:30 a.m. – 11:45 a.m.	
<b>COPD</b> 2 x 2.5-hour classes	Future Dates To Be Determined		Call 1-866-506-6654 Or 1-866-795-9709 Hosted by South Zone

Call a registration number or click on “register online” for additional dates offered by that zone.

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.



Updated March 24, 2025