

Stress



Stress is a part of life and it can easily become overwhelming. Join one of our classes to learn about:

- What stress is and what causes it
- How stress can affect your life and chronic condition(s)
- Ways to prevent or reduce stress
- Healthy ways to manage stress

Note: This is a general information class for a general audience. It is not a therapeutic group and not meant to replace the advice of primary health care providers.

Class Type	Date	Time	How to Register
Online	Tuesday, May 13 & 20	9:30 a.m. – 10:30 a.m.	Register online Or call 1-877-349-5711 Hosted by North Zone
	Wednesday, May 22 & 29	1:30 p.m. – 3:30 p.m.	Call 1-866-506-6654 Or 1-866-795-9709 Hosted by South Zone
	Wednesday, June 11 & 18	1:00 p.m. – 3:30 p.m.	Register online or call 1-844-527-1160 Hosted by Calgary Zone
	Wednesday, June 11 & 18	10:30 a.m. – 11:30 a.m.	Register online Or call 1-877-349-5711 Hosted by North Zone
In-person	Thursday, June 26	2:30 p.m. – 4:30 p.m.	In-person at Bowness Library Drop-in or register Online
For classes offered by Edmonton Zone, see their online course catalogue or call 1-825-404-7460 (Line 1).			

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.



Alberta Healthy Living Program