

Helping You Feel Better after COVID-19

Video Series



New videos available about managing symptoms after COVID-19

The Alberta Healthy Living Program continues to support Albertan adults who are managing long-term COVID symptoms. Our healthcare professionals have created videos on a variety of topics for you to watch at your convenience. These free videos are replacing our live long COVID classes, which were discontinued on June 29, 2022. Videos can be watched in any order, and as many times as you want.

The videos are uploaded to the AHS YouTube channel as a [long-COVID playlist](#). A link to this can also be found on our website (www.ahs.ca/ahlp). You can also click on one of the links below to start watching.

- [Long COVID Overview](#)
- [Managing a Persistent Cough after COVID-19](#)
- [Loss of Taste and Smell after COVID-19](#)
- [Tips for Getting Started with Exercise after COVID-19](#)
- [Managing Fatigue after COVID-19](#)
- [Post COVID-19 Fatigue and Routines](#)
- [Long COVID Symptoms](#)
- [Nutrition and Fatigue after COVID-19](#)
- [Managing Pain after COVID-19](#)
- [Exercising at the Right Level and Monitoring Symptoms after COVID-19](#)
- [Managing Changes in Thinking after COVID-19](#)
- [Long COVID Treatment](#)
- [Difficulty Swallowing after COVID-19](#)
- [Managing Sleep After COVID-19](#)
- [Managing Stress After COVID-19](#)
- [Managing Shortness of Breath after COVID-19](#)

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