

Helping You Feel Better after COVID-19

Free courses for adults with ongoing COVID-19 symptoms

If you are one of the many Alberta adults living with COVID symptoms months after your diagnosis, our free classes can help you. You can take one or all of our five online Zoom sessions. Topics include breathing, eating, sleeping, stress, activity and more. You can take any of our online Zoom classes in any combination and in any order. Our healthcare experts will offer tips and advice to help improve your recovery and your quality of life. You can learn in the comfort of your home and no referral is needed.

Class names	Topics covered
Eating after COVID-19	<ul style="list-style-type: none"> • Eating, drinking and swallowing • Loss of taste and smell
Managing Breathing and Sleep	<ul style="list-style-type: none"> • Shortness of breath and persistent cough • Getting restful sleep
Managing Daily Life	<ul style="list-style-type: none"> • Getting back to your daily activities • Conserving your energy • Coping with cognitive changes • Returning to work, school and leisure
Managing Pain and Getting Active	<ul style="list-style-type: none"> • Coping with muscle and joint pain • Physical activity and long COVID
Managing Stress	<ul style="list-style-type: none"> • Strategies for self-care • Mental wellness

Registration details

Classes are available to anyone in Alberta 18 years old and over.

You will need an internet connection.

You will need to be physically present in Alberta when you take the class.

A schedule of upcoming classes is listed on the second page.

For more details or to register:

- Visit ahs.ca/ahlp → Calgary Zone → Online Registration
- Call 403-943-2584 (long distance charges may apply)
- Scan the QR code on the second page with your phone

Eating After COVID-19

Date	Class Time
Wednesday February 9 2022	1 p.m. – 2:15 p.m.
Wednesday March 16 2022	1 p.m. – 2:15 p.m.

Managing Breathing and Sleep

Date	Class Time
Tuesday January 11 2022	10:30 a.m. – 11:45 a.m.
Tuesday February 15 2022	10:30 a.m. – 11:45 a.m.

Managing Daily Life

Date	Class Time
Tuesday January 18 2022	10:30 a.m. – 11:45 a.m.
Thursday March 10 2022	10:30 a.m. – 11:45 a.m.

Managing Pain and Getting Active

Date	Class Time
Thursday January 17 2022	2 p.m. – 3:15 p.m.
Wednesday February 23 2022	2 p.m. – 3:15 p.m.

Managing Stress

Date	Class Time
Tuesday February 1 2022	1:30 p.m. – 2:45 p.m.
Wednesday March 2 2022	10:30 a.m. – 11:45 a.m.

