

Exercise Program

Experience the health benefits!



Learn to exercise safely while living with a health condition.

Upcoming Sessions:

Aug 24– Sep 7 Mon/Wed 1-2:30pm or 6-7:30pm

Sep 5– Oct 12 Tues/Thurs 10-11:30am or 1-2:30pm

Free Zoom Exercise Program

- Tailored to your fitness level - led by exercise therapist
- 2 times per week for 6 weeks
- Learn to exercise safely through Zoom in your own home.
- No equipment needed!



Visit

www.healthylivingprogram.ca

Or [Click to connect](#) with our exercise team

For adults living with one or more chronic health conditions. It is safe fun, interactive in a small group setting.

For more information call
1-877-349-5711



Alberta
Healthy Living
Program

