

Free Exercise Program

Alberta Healthy Living Program

Education that supports your health and your life

Upcoming Sessions:

Sept 9-Oct 21	Tue/Thurs	10:00am-11:30am
Sept 9-Oct 21	Tue/Thurs	1:00pm-2:30pm
Oct 20-Nov 26	Mon/Wed	1:00pm-2:30pm
Oct 20-Nov 26	Mon/Wed	6:00pm-7:30pm

- Tailored to your fitness level
- Twice per week for 6 weeks
- No equipment needed
- Learn to exercise safely
- Use Zoom in your own home

If you are an adult living with one or more chronic health conditions, join this **FREE, safe, fun and interactive** small-group setting.

Experience the Health Benefits

Free Virtual Exercise Program

Register at:

www.healthylivingprogram.ca



For more information:
Call 1-877-349-5711



Primary Care
Alberta