

# Exercise Program

Experience the health benefits!

Learn to exercise safely while living  
with a health condition.

## Upcoming Sessions:

Mar 18- April 24

**Mondays & Wednesdays**

Afternoons @ 1:00-2:30pm

Evenings @ 6:00-7:30pm

April 9- May 16

**Tuesdays & Thursdays**

Mornings @ 10:00-11:30am

Afternoons @ 1:00-2:30pm

### **Free** Exercise Program

- Are you ready to commit?
- Tailored to your fitness level
- 2 times per week for 6 weeks
- No equipment needed!
- Learn to exercise safely
- Use Zoom in your own home



Visit [www.healthylivingprogram.ca](http://www.healthylivingprogram.ca)  
Or [Click here to connect](#) with our  
exercise team

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



For more information call  
**1-877-349-5711**



**Alberta Health  
Services**

Alberta Healthy Living  
Program