

Better Breathing



Breathing can feel challenging for many reasons. We do not usually think about our breathing and how our breathing can change. Focusing on your breathing can help you manage stress, anxiety, and some symptoms of different health conditions.

All adults can find this class helpful. Come join a Respiratory Therapist to talk about:

- Using breathing to manage everyday life.
- Breathing effectively during exercise.
- Ways to breathe better.
- Guided practice for better breathing.

Class Type	Date	Time	How to Register
Online	Tuesday, June 16, 2026	10:30 a.m. – 11:45 a.m.	Register online or call 1-844-527-1160 Hosted by Calgary Zone
	Monday, July 13, 2026	10:30 a.m. – 11:45 a.m.	
In-person	Wednesday, June 3, 2026	2:15 p.m. – 3:30 p.m.	In-person at Bowness Library Register or Drop-in
	Thursday, June 18, 2026	1:00 p.m.- 2:15 p.m.	In-person at Westminster Presbyterian Church (290 Edgepark Blvd NW) Register online or call 1-844-527-1160 Hosted by Calgary Zone

Click “register online” to see if there are additional class dates available.

These classes are for Albertans over the age of 18. Online classes are on Zoom and participants should have access to:

- A computer, tablet, or smartphone with a working camera and microphone;
- An internet connection; [visit this webpage to learn how to join a Zoom class](#);
- A private space in Alberta while attending the class.



[Sign-up](#) for the e-newsletter and updates from the Alberta Healthy Living Program – Calgary Zone.



**Primary Care
Alberta**
Alberta Healthy Living
Program