



Understanding Obstructive Sleep Apnea

Do you have obstructive sleep apnea (OSA)? Are you looking for more information on OSA and its treatment options? Join a Respiratory Therapist for this supportive class and ask your questions about sleep apnea. This class will talk about:

- What OSA is and its causes.
- Testing and treatment options.
- When to see your doctor.
- Choosing an equipment supplier.

Class Type	Date	Time	How to Register
Online	Tuesday, May 5, 2026	10:30 a.m. – 11:30 a.m.	Register online or call 1-844-527-1160 Hosted by Calgary Zone
	Tuesday, June 23, 2026	10:30 a.m. – 11:30 a.m.	
	Tuesday, October 6, 2026	10:30 a.m. – 11:30 a.m.	
In-person	Thursday, October 22, 2026	10:30 a.m. – 11:30 a.m.	In-person at East Calgary Health Centre Rm 2350 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.

