

Moving Matters



Adding movement and physical activity to your life can help improve and manage your health and reduce your risk of developing chronic conditions. Join an online class to learn about:

- Types of physical activity to try
- Starting a new activity safely and how much to do
- Problem solving barriers to becoming more active

	Date	Time	How to Register
Online	Tuesday, January 6	7:00 p.m. – 8:00 p.m.	Register online Or call 1-877-349-5711 Hosted by North Zone
	Wednesday, March 11	1:30 p.m. – 2:30 p.m.	

Call a registration number or click on “register online” for additional dates offered by that zone.

Note: this class is also a part of the [10-part Adult Weight Management Series](#). If you are registered for that series, you do not need to register for this class.

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.



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**Primary Care
Alberta**
Alberta Healthy Living
Program