

Energy Management



This 2-part series is for anyone who struggles with having enough energy to manage basic daily tasks.

These classes will teach you about fatigue and energy levels. You will learn ways to manage your energy with the hope that you will be better able to do the things you want and need to do.

Topics include:

- Fatigue and energy
- Planning tasks
- Managing limitations

Class Type	Date	Time	How to Register
2-part online class	Sep 4 & 10	10:00 - 12:00	1-866-506-6654 (Lethbridge or rural)
	Nov 6 & 13		1-866-795-9709 (Brooks, Medicine Hat, and rural area) Hosted by South Zone

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.



**Primary Care
Alberta**
Alberta Healthy Living
Program