

Stress



Stress is a part of life and it can easily become overwhelming. Join one of our classes to learn about:

- What stress is and what causes it
- How stress can affect your life and chronic condition(s)
- Ways to prevent or reduce stress
- Healthy ways to manage stress

Note: This is a general information class for a general audience. It is not a therapeutic group and not meant to replace the advice of primary health care providers.

Class Type	Date	Time	How to Register
Online	Tuesday, June 2 & 9	9:30 a.m. – 12:00 p.m.	Register online or call 1-844-527-1160 Hosted by Calgary Zone
	Wednesday, June 17 & 24	5:30 p.m. – 7:30 p.m.	Register online or call 1-877-314-6997 Hosted by Central Zone
	Thursday, July 2, 9 & 16	1:00 p.m. – 3:30 p.m.	Call 1-825-404-7460 (line 1) Hosted by Edmonton Zone
	Tuesday, August 4, 11 & 18	9:30 a.m. – 12:00 p.m.	Call 1-825-404-7460 (line 1) Hosted by Edmonton Zone
	Tuesday, August 18 & 25	9:00 a.m. – 11:00 a.m.	Register online or call 1-877-314-6997 Hosted by Central Zone
	Wednesday, September 9 & 16	1:00 p.m. – 3:30 p.m.	Register online or call 1-844-527-1160 Hosted by Calgary Zone
	Future class date to be determined.		Register online Or call 1-877-349-5711 Hosted by North Zone

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