



## Power up your health with these free health education classes

Click on the links below for more information about upcoming in-person and virtual classes and workshops.

[Zoom classes](#)

[In-person classes](#)

### Zoom classes

Click on the class name to learn more or register.

Class Title	Day(s)	Date(s)	Time
<a href="#">Eating Well for Fatty Liver Disease</a>	Friday	August 8	1:30 p.m. – 2:30 p.m.
<a href="#">Eating Well and Managing Irritable Bowel Syndrome</a>	Monday	August 11	9:30 a.m. – 10:30 a.m.
<a href="#">COPD – Breathing Matters</a> (2 parts)	Tuesday	August 12 & 19	10:30 a.m. – 11:45 a.m.
<a href="#">Fibromyalgia: Facts and Function</a>	Wednesday	August 13	1:30 p.m. – 3:30 p.m.
<a href="#">Better Breathing</a>	Monday	August 18	10:30 a.m. – 11:45 a.m.
<a href="#">CALS Education Session</a>	Thursday	August 21	10:30 a.m. - noon
<a href="#">Managing Emotional Eating</a> 2 parts	Wednesday	August 27 & Sept 3	6:00 p.m. – 8:30 p.m.



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[Zoom classes](#)

[In-person classes](#)

### In-Person classes

Class Name	Day	Date	Time	Location
<b>Better Choices Better Health Chronic Pain (Cantonese)</b> 6 parts To register, contact the Calgary Chinese Elderly Citizens' Association at the number below. 403-269-6122	Tuesday	Aug 12,19,26, Sept 2, 9, 16	10 a.m. – 12:30 pm	Calgary Chinese Elderly Citizen's Association 111 River Front Avenue S.W.