



Power Up Your Health – Free Health Education Classes

[Zoom classes](#)

[In-person classes](#)

Zoom classes

Click on the class name to learn more or register.

Class Title	Day(s)	Date(s)	Time
Your Kidney Health: What should I Eat?	Friday	May 1	1:30 - 3:00 pm
Managing Emotion Eating	Tuesdays	May 5 & 12	9:30 - 12:00 pm
Steady on Your Feet	Tuesdays	May 5 & 12	10:15 -11:30 am
Understanding Obstructive Sleep Apnea	Tuesday	May 5	10:30 - 11:30 am
Getting Up and Down from the Floor Safely	Thursday	May 7	1:00 – 2:00 pm
Improving Your Relationship with Food	Thursdays	May 7 & 14	9:30 – 11:45 am
Lymphedema Education	Thursday	May 7	10:30 - 12:00 pm
Better Breathing	Monday	May 11	10:30 – 11:45 am
Eating well and Managing Irritable Bowel Syndrome	Tuesday	May 12	1:00 – 2:00 pm
Arthritis: Self-Management of Osteoarthritis	Wednesdays	May 13 & 20	10:15 – 11:30 am
Your Kidney Health	Wednesday	May 13	10:00 – 12:00 pm
Pacing for People with Chronic Pain	Thursdays	May 14 & 21	10:00 – 11:15 am
Better Choices Better Health Chronic Pain (6 parts)	Wednesdays	May 20,27 & June 3,10,17 & 24	10:00 – 12:30 pm
Better Choices Better Health- Chronic Disease (6 parts - Thrive at Every Size)	Mondays	May 25 & June 1,8,15,22 & 29	1:00 – 3:30 pm
Try a Little Self – Kindness	Tuesday	May 26	1:00 – 3:30 pm
Healthy Sleep Habits	Thursday	May 28	10:00 – 12:00 pm





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Class Name	Day	Date	Time	Location
Eating Well for Fatty Liver Disease	Wednesday	May 6	12:30 – 2:30 pm	SHC WC 1001 4448 Front St. SE
Better Choices Better Health Chronic Pain (Cantonese) (6 Parts)	Fridays	May 8, 15,22,29, June 5 &12	10:00 – 12:30 pm	Calgary Chinese Elderly Citizens' Association 111 Riverfront Ave SW Calgary
Celiac Disease – Going Gluten Free	Friday	May 15	12:30 – 14:30 pm	East Calgary Health Centre Room 2350
COPD – Breathing Matters	Thursday	May 21	10:00 – 12:00 pm	East Calgary Health Centre Room 2350

