

# Helping You Feel Better after COVID-19

## Free courses for adults with ongoing COVID-19 symptoms

If you are one of the many Alberta adults living with COVID symptoms months after your diagnosis, our free classes can help you. You can take one or all of our five online Zoom sessions. Topics include breathing, eating, sleeping, stress, activity and more. You can take any of our online Zoom classes in any combination and in any order. Our healthcare experts will offer tips and advice to help improve your recovery and your quality of life. You can learn in the comfort of your home and no referral is needed.

Class names	Topics covered
Eating after COVID-19	<ul style="list-style-type: none"><li>• Eating, drinking and swallowing</li><li>• Loss of taste and smell</li></ul>
Managing Breathing and Sleep	<ul style="list-style-type: none"><li>• Shortness of breath and persistent cough</li><li>• Getting restful sleep</li></ul>
Managing Daily Life	<ul style="list-style-type: none"><li>• Getting back to your daily activities</li><li>• Conserving your energy</li><li>• Coping with cognitive changes</li><li>• Returning to work, school and leisure</li></ul>
Managing Pain and Getting Active	<ul style="list-style-type: none"><li>• Coping with muscle and joint pain</li><li>• Mobility after COVID-19</li></ul>
Managing Stress	<ul style="list-style-type: none"><li>• Stress and resilience</li><li>• Other useful mental health resources</li></ul>

## Registration details

Classes are available to anyone in Alberta 18 years old and over.

You will need an internet connection.

You will need to be physically present in Alberta when you take the class.

For more details or to register:

- Visit [ahs.ca/ahlp](https://ahs.ca/ahlp) → Calgary Zone → Online Registration
- Call 403-943-2584 (long distance charges may apply)