Adapted STEP Forward

What is it?

An online, group-based, 10-week modified exercise program for individuals living with chronic pain, chronic fatigue and/or long COVID.

Participants join a small, supportive group with opportunities to share experiences and learn from each other.

The weekly classes are 1.25 hours long.

What skills will I learn?

- Practice safe movement and breathing
- Practice energy maximization strategies
- Make action plans for personal wellness
- Problem-solve ways to balance activity and stress in your day to day

What is it not?

- Intermediate to high intensity exercise program
- A passive program. Participants are expected to actively participate in class

Testimonials:

“As a group, the facilitators built a really strong small supportive community that empowered us to see our strengths and to keep going.”

"It’s always nice to know that you’re not alone."

“It taught me, personally, some exercises that I can do without getting totally winded and wiped out.”

-Past participants

To register: Call 780-735-3483

Alberta Health Services