

Irritable Bowel Syndrome (IBS)



Wondering where or how to start getting a handle on IBS symptoms? Join a Dietitian to learn about:

- IBS and its symptoms
- How food and lifestyle choices can help you manage IBS symptoms

Class Type	Date	Time	How to Register
Online	Wednesday, June 10	1:00 p.m. – 2:00 p.m.	Call 1-866-506-6654 Or 1-866-795-9709 Hosted by South Zone
	Thursday, June 25	3:00 p.m. – 4:00 p.m.	Register online or call 1-877-314-6997 Hosted by Central Zone
In-person	Tuesday, June 9	1:00 p.m. – 3:00 p.m.	In-person at Cochrane Community Health Centre Rm 2180 Register online or call 1-844-527-1160 Hosted by Calgary Zone
Online	Wednesday, July 8	1:00 p.m. – 2:00 p.m.	Call 1-866-506-6654 Or 1-866-795-9709 Hosted by South Zone
	Tuesday, July 14	12:00 p.m. – 1:00 p.m.	Register online or call 1-877-314-6997 Hosted by Central Zone
	Wednesday, July 22	10:00 a.m. – 11:00 a.m.	Register online or call 1-844-527-1160 Hosted by Calgary 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.



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