



Managing Emotional Eating

In these 2-part and 3-part online classes, you will learn:

- To understand what influences your food choices
- To be aware of your food triggers, such as emotions, situations, events and cravings
- How to form a healthy relationship with food
- Skills, tools, and strategies for long-term healthy eating habits

Note: This is a general information class for a general audience. It is not a therapeutic group and not meant to replace the advice of primary health care providers.

Class Type	Date	Time	How to Register
3-part online class	Thursday, Jul 2, 9 & 16	9:00 a.m. – 11:30 a.m.	Register online or call 1-877-314-6997 Hosted by Central Zone
2-part online class	Thursday, July 9 & 16	1:00 p.m. – 3:30 p.m.	Register online or call 1-844-527-1160 Hosted by Calgary Zone
3-part online class	Wednesday, August 5, 12 & 19	1:00 p.m. – 3:30 p.m.	Register online or call 1-877-314-6997 Hosted by Central Zone
2-part online class	Wednesday, September 16 & 23	9:30 a.m. – 12:00 p.m.	Register online or call 1-844-527-1160 Hosted by Calgary Zone
3-part online class	Future Class Dates To be Determined.		Call 1-866-506-6654 Or 1-866-795-9709 Hosted by South 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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