



Weight Management Series

1 + 10 Week Program

Learn more about managing your weight and health in this series of classes that talk about:

- Tools for managing weight and health, lifelong.
- Strategies for managing eating habits, physical activity, sleep, time, and stress.
- Creating realistic action plans
- Overcoming challenges

NOTE: “Introduction to Weight Management” is required, to register for the 10-week series

Class Type	Date	Time	Location	How to Register
Introduction to Weight Management	April 16	1:00pm – 2:30pm	Lethbridge	1-866-506-6654 (Lethbridge or rural) 1-866-795-9709 (Brooks, Medicine Hat, and rural area) Hosted by South Zone
	April 22	1:00pm-2:30pm	Zoom	
	April 30	6:00pm-7:30pm		
	May 7	9:00am-10:30am		
	May 20	1:00pm-2:30pm		
	May 29	9:00am -10:30am		
	June 2	9:00am–10:30am	Medicine Hat	
	June 11	9:00am-10:30am	Zoom	
	June 17	6:00pm-730pm		
	June 24	1:00pm-230pm		
Weight Management Series 10-part series, 1 class/ week	April 23-June 25	1:00pm-3:00pm	Lethbridge	
	May 7-July 9	6:00pm-8:00pm	Zoom	
	May 20-July 29	9:00am-11:00am		
	June 9 – Aug 11	09:00am-11:00am	Medicine Hat	
	June 24-Sept 2	6:00pm-8:00pm	Zoom	

Classes are for Albertans over the age of 18. Online classes are on Zoom 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.



Primary Care Alberta
 Alberta Healthy Living Program

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