



Weight Management Series 1

Learn more about weight management in this set of three 2.5-hour classes that talks about:

- Weight, obesity, and your health.
- Planning for physical activity.
- Healthy habits, journaling, and motivations to help you make a change.
- Factors that change your energy needs.
- Healthy food and drink choices and what influences your choices.

Date	Time	How to Register
Thursday, Jan 15, 22 & 29	9:30 a.m. – 12:00 p.m.	Register online Or call 1-877-349-5711 Hosted by North Zone
Tuesday, Feb 3, 10 & 17	5:30 p.m. – 8:00 p.m.	
Wednesday, March 11, 18 & 25	5:30 p.m. – 8:00 p.m.	
For classes offered by Edmonton Zone, see their online course catalogue or call 1-825-404-7460 (Line 1).		

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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**Primary Care
Alberta**

Alberta Healthy Living
Program