

Weight Management Series 2



Build off what you learned in series 1 with this next set of three 2.5-hour classes that talk about:

- Unhelpful feelings and thoughts
- Mindful eating
- What, when, how much, and why we eat
- The 4 P's for meal planning

Date	Time	How to Register
Wednesday, January 7, 14 & 21	5:30 p.m. – 8:00 p.m.	Register online Or call 1-877-349-5711 Hosted by North Zone
Tuesday, January 13, 20 & 27	1:30 p.m. – 4:00 p.m.	
Thursday, February 12, 19 & 26	9:30 a.m. – 12:00 p.m.	
Tuesday, March 3, 10 & 17	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