

Weight Management Series 3



Build off what you learned in series 1 and 2 with this next set of classes that talks about:

- “All or nothing” thinking
- Eating away from home (e.g. restaurants, buffets, parties, holidays)
- How stress, and physical and mental health affect weight
- The effects of sleep, medications, cravings, and effective communication on weight
- Share and problem solve barriers and other areas of concern

Date	Time	How to Register
Wednesday, January 28 & February 4	5:30 p.m. – 8:00 p.m.	Register online Or call 1-877-349-5711 Hosted by North Zone
Thursday, March 12 & 19	9:30 a.m. – 12:00 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
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Alberta Healthy Living
Program