

Weight Wise Group Education Workshop Tracker

Your Name _____

Please bring this sheet with you to each workshop you attend and to your clinic appointments.

WORKSHOP	DATE	COMMENTS/QUESTIONS	PROOF OF ATTENDANCE
Getting Started: Planning for Success			
Lifestyle Change: A Toolkit for Success			
Nutrition: Finding Balance: The Role of Calories in Weight Management			
Managing Hunger and Appetite			
Moving Matters: Including Physical Activity in Your Day			
Nutrition: The Truth about What Works in Weight Management			
Nutrition: I Know I Should Eat Healthy, But How?			
Nutrition: Eating Away From Home and During Special Occasions			
Minding Stress: Effectively Reduce and Manage the Stress in Your Life	Session 1		
	Session 2		
Craving Change™ A workshop for helping people who struggle with their eating	Session 1		
	Session 2		
	Session 3		

Weight Wise Group Education Workshops (Workshops are 2.5 hours in length)

Getting Started: Planning for Success

- Learn about obesity - definition, causes, and treatment options including bariatric surgery.
- Learn about how obesity impacts your life and health.
- Learn ways to record what you eat, how active you are and how you are feeling emotionally.

Lifestyle Change: A Toolkit for Success

- Learn how to make and keep healthy lifestyle changes.
- Learn strategies such as prioritizing, journaling, problem solving, thinking skills and goal setting.

Nutrition: Finding Balance: The Role of Calories in Weight Management

- Learn about the top 5 ways to lower calories and practice strategies in class.

Managing Hunger and Appetite

- Explore the difference between hunger and appetite.
- Practice techniques to manage appetite triggers and social pressures.

Moving Matters: Including Physical Activity in Your Day

- Explore the benefits and barriers to being more active.
- Receive tips on how to get more physically active.
- Set your own personal activity goals.

Nutrition: The Truth about What Works in Weight Management

- Evaluate what you are eating and learn strategies that can help lower your calories.
- Explore how meal patterns, food choices and portion size affect calorie intake.
- Learn about which foods can help you manage your weight.

Nutrition: I Know I Should Eat Healthy, But How?

- Leave with tips on how to put your nutrition knowledge into practice.
- Explore the 4 P's: Plan, Purchase, Prepare and Pack.

Nutrition: Eating Away From Home and During Special Occasions

- Learn how buffets, parties, vacation and holiday eating can affect calorie intake.
- Leave with strategies to minimize extra calories when eating away from home & during special occasions.

Minding Stress: Effectively Reduce and Manage the Stress in Your Life (two consecutive sessions)

- Discover the hidden costs of stress; explore what causes you stress and what you can do about it.
- Opportunity to learn about and experience effective stress-management techniques.
- Uncover the world of Mindful Eating.

Craving Change™ (three sessions)

- Learn about all the different reasons why people eat, how to cope with emotional eating & how to feel more in control of your eating.

To Book - Call: Central Access Booking at:

780-401-BOOK (2665) or Toll Free 1-877-414-2665 (Alberta Only).

Calendars with times and locations are found at <http://www.albertahealthservices.ca/1674.asp>