

Ways to support your child's relationship with food and their body (2-12 years)

Come learn with Alberta Health Services dietitians!

This free online class will help you teach your children to have a good feeling about food and their bodies. We'll talk about:

- How diet culture affects how we think and talk about bodies.
- How children learn about food.
- How our words and actions can change how children feel.



These classes are open to Alberta parents or guardians of children ages 2 to 12 years of age. Register for the date and time that works best for you.

Date	Time	How to Register
Thur Mar 5 th 2026	6:30 – 8:00 p.m.	Register Online
Wed May 20 th 2026	6:30 – 8:00 p.m.	Hosted by South Zone and Central Zone
Tues Oct 20 th 2026	6:30 – 8:00 p.m.	
View recorded series	Anytime	Hosted by South Zone and Central Zone

These classes are for Albertans. Online classes are on Zoom® and participants should have access to:

- A computer, tablet, or smartphone
 - Visit [Joining a Zoom Meeting](#) for more information
- An internet connection
- A private space while attending the class