

Weight Management: Dietitian Question & Answer

What can I expect to learn?

Are you interested in learning more about weight management? Have you been diagnosed with a chronic condition such as prediabetes, diabetes, or non-alcoholic fatty liver disease?

Join a Dietitian who will answer your questions about nutrition for weight management and review:

- Nutrition tips to help you reach your weight management goals
- How nutrition is part of managing chronic conditions
- Your nutrition questions about weight management

How many classes are there?

One class for 1 hour

How is this class being offered?

Over Zoom and by phone

Who can register for this class?

Adults who are living in Alberta and will be in Alberta during the class

How can I register for this class?

For information about when this class is being offered or to register, you can:

- Scan the QR code with your phone, scroll to page 22 and click on the class title;
- [Register online](#) ;
- Use our [Class Schedule Guide](#) or [Class Description Handbook](#); **or**
- Phone us at 1-844-527-1160

To receive updates about upcoming programs and services offered by the Alberta Healthy Living Program- Calgary Zone, [join our e-mail distribution list](#).

