

Eating Well for Good Health

Cantonese (廣東話)

What can I expect to learn?

Learn about how what you eat can impact your health. This Dietitian-led class will review:

- How what you eat affects your health
- General healthy eating recommendations
- How fat, fiber and sodium are part of healthy eating
- How to read food labels

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;
- [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](#).

