Primary Care Alberta

Alberta Healthy Living Program

Fueling Your Gut

Did you know your gut helps keep your whole body healthy? Join us to learn easy ways to feed the good bacteria in your gut, including fibre, resistant starches, and fermented foods. Discover simple tips to support your gut and feel your best every day.

This class is offered in partnership with Registered Dietitians from AHS Nutrition Services.

Class Type	Date	Time	How to Register
Online	Wednesday, January 27	12:00 p.m. – 1:00 p.m.	Register online Or call 1-844-527-1160 Hosted by Calgary Zone
	Thursday, February 25	11:00 a.m. – 12:00 p.m.	
	Tuesday, March 23	1:00 p.m. – 2:00 p.m.	
	Friday, April 30	12:00 p.m. – 1:00 p.m.	
	Monday, May 31	11:00 a.m. – 12:00 p.m.	
	Wednesday, June 23	1:00 p.m. – 2:00 p.m.	
	Tuesday, July 27	12:00 p.m. – 1:00 p.m.	

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.

Sign-up for e-newsletter and updates from the Alberta Healthy Living Program – Calgary Zone.

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