

Adult Weight Management: Level 1

What can I expect to learn?

- How to increase your physical activity, manage calories and nutrition and develop healthier habits
- Weight, health and treatment options
- Journaling, calories and the eat well plate
- Problem-solving, motivation and making new habits

How many classes are there?

- 3 classes for 2 hours and 30 minutes each

How is this class being offered?

- Over Zoom

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?

- Phone toll free 1-877-314-6997 or click here to view our online [class schedule](#)