

Adult Weight Management: Level 2

What can I expect to learn?

- How to plan meals and make healthy food choices
- How to develop a structured physical activity plan and add movement into your day
- How to deal with thoughts and feelings that affect behaviour change
- How to be mindful of patterns

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](#)

Participants must attend Adult Weight Management: Level 1 before attending Adult Weight Management: Level 2*