

# Adult Weight Management: Level 3

## What can I expect to learn?

- How to manage eating away from home
- How to eat healthy in different situations
- How to overcome challenges and maintain positive habit changes
- We will review successes and challenges

## How many classes are there?

- 2 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 2 before attending Adult Weight Management: Level 3\***