

# Adult Weight Management: Journey to Better Health



Join our team of Exercise Specialists, Registered Dietitians and Registered Nurses in this comprehensive 10-part program. The program is designed to support you with knowledge, understanding and tools to manage your health and your weight. Gain insights into obesity as a chronic health condition and strategies for lifelong management.

Class Type	Date	Time	How to Register
Online	Tuesdays, April 8 to June 10, 2025	12:00 p.m. – 1:00 p.m.	<a href="#">Register Online</a> or Call 1-877-314-6997 Hosted by Central Zone
	Thursdays, April 24 to June 26, 2025	1:00 p.m. – 2:00 p.m.	
	Mondays, May 5 to July 14, 2025 *No class May 19	6:00 p.m. – 7:00 p.m.	
	Wednesdays, May 21 to July 23	11:00 a.m. – 12:00 p.m.	
	Thursdays, June 5 to August 7, 2025	12:00 p.m. – 1:00 p.m.	
	Wednesdays, June 18 to August 20, 2025	1:00 p.m. – 2:00 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.



Updated April 23, 2025