

Eating The Mediterranean Way



Join a dietitian to learn the basics of the Mediterranean way of eating – a style that can help with heart and liver health, support you through menopause, and lower inflammation. In this session, you'll see what this way of eating looks like, why it's good for your health, and simple ways to add it to your daily routine.

Class Type	Date	Time	How to Register
Online	Wednesday September 16	12:00 p.m. – 1:00 p.m.	Register online or call 1-877-314-6997 Hosted by Central Zone
	Tuesday September 29	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.



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