



Eating Well for the Menopause Journey

Are you interested in learning more about nutrition in the menopause journey? From Perimenopause to post-menopause, join a dietitian to learn about:

- What is happening in your body
- How nutrition can help manage risk and symptoms
- Practical strategies and tips for eating well

Class Type	Date	Time	How to Register
Online	Thursday, October 9	12:00 p.m. – 1:00 p.m.	Register online or call 1-877-314-6997 Hosted by Central Zone
	Wednesday, December 10	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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