



Weight Management: Dietitian Question & Answer

Have questions about weight management? Join a Dietitian to get answers to your question about nutrition for weight management!

Class Type	Date	Time	How to Register
Online	Tuesday, April 29	6:00 – 7:00 pm	Register online or call 1-877-314-6997 Hosted by Central Zone
	Thursday, June 12	12:00 – 1:00 pm	
	Monday, July 21	11:00 – 12:00 pm	
	Tuesday, September 2	11:00 – 12:00 pm	

Click “register online” to see if there are additional class dates available.

These classes are for Albertans over the age of 18. Online classes are on Zoom and participants should have access to:

- An email address.
- 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](#).
- Clients can also join by telephone.
- A private space in Alberta while attending the class.



Updated April 10, 2025