



Eating Away from Home

Are you ready to stop overeating when eating out, at parties, or during holidays? Join a Dietitian to learn more about:

- How buffets, parties, vacations, and holidays can affect how much you eat
- Ways to reduce overeating when eating out and during special occasions

Class Type	Date	Time	How to Register
Online	Wednesday, June 25	12:00 p.m. – 1:00 p.m.	Register online or call 1-877-314-6997 Hosted by Central Zone
Online	Thursday, September 18	12:00 p.m. – 1:00 p.m.	

Call a registration number or click on “register online” for additional dates offered by that zone.

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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