



# Eating Away from Home

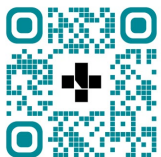
Are you ready to stop overeating when eating out, at parties, or during holidays? Join a Dietitian to learn more about:

- 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	Tuesday, December 5	10:30 a.m. – 11:30 a.m.	<a href="#">Register online</a> or call 1-844-527-1160 Hosted by Calgary Zone
Online	Wednesday, December 6	6:00 p.m. – 7:00 p.m.	<a href="#">Register online</a> or call 1-877-314-6997 Hosted by Central 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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