

Adult Weight Management Level 1

What can I expect to learn?

- Principles of effective weight management
- How to increase your physical activity, manage calories and nutrition and develop healthier habits

How many parts are there to this class?

- 3 sessions for 2 hour and 30 minutes each

How is this class being offered?

- This class is being offered over Zoom

Who can register for this class?

- Adults and/or their caregivers living in Edmonton Zone

How can I register for this class?

- Phone 825-404-7460 or toll-free 1-866-735-1051 to register
- To see a schedule of our upcoming classes, view our online [course catalog](#)