

Adult Weight Management Level 3

What can I expect to learn?

- How to manage eating away from home
- How to overcome challenges and maintain positive habit changes
- Current medication and surgical treatment options

How many parts are there to this class?

- 3 classes for 2 hours 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 who have taken Adult Weight Management Level 2

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](#)