

# Eating Well for Weight and Health



There are many different factors that change our eating habits, including what and how much we eat. Join a Dietitian to learn more about how meal patterns, food choices and portion sizes can affect the amount of food you eat!

Class Type	Date	Time	How to Register
Online	Tuesday, December 9	6:00 p.m. – 7:00 p.m.	<a href="#">Register online</a> or call 1-877-314-6997 Hosted by Central Zone
	Tuesday, January 6	12:00 p.m. – 1:00 p.m.	
	Thursday, January 22	11:00 a.m. – 12:00 p.m.	
	Friday, February 6	9:00 a.m. – 10:00 a.m.	
	Wednesday, February 18	6:30 p.m. – 7:30 p.m.	
	Tuesday, March 3	12:00 p.m. – 1:00 p.m.	
	Thursday, March 19	1:00 p.m. – 2:00 p.m.	

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

**Note:** this class is also a part of the [10-part Adult Weight Management Series](#). If you are registered for that series, you do not need to register for this class.

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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