



# Irritable Bowel Syndrome (IBS)

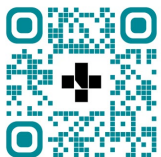
Wondering where or how to start getting a handle on IBS symptoms? Join a Dietitian to learn about:

- IBS and its symptoms
- How food and lifestyle choices can help you manage IBS symptoms

Class Type	Date	Time	How to Register
Online	Wednesday, November 8	1:00 p.m. – 2:00 p.m.	Call 1-866-506-6654 Or 1-866-795-9709 Hosted by South Zone
Online	Friday, November 17	1:30 p.m. – 2:30 p.m.	<a href="#">Register online</a> or call 1-844-527-1160 Hosted by Calgary Zone
Online	Monday, November 20	1:00 p.m. – 2:00 p.m.	<a href="#">Register online</a> or call 1-877-314-6997 Hosted by Central Zone
Online	Wednesday, December 13	1:00 p.m. – 2:00 p.m.	Call 1-866-506-6654 Or 1-866-795-9709 Hosted by South Zone
Online	Thursday, December 14	9:00 a.m. – 10:00 a.m.	<a href="#">Register online</a> or call 1-877-314-6997 Hosted by Central Zone
Phone	Friday, December 15	9:30 a.m. – 10:30 a.m.	<a href="#">Register online</a> or call 1-844-527-1160 Hosted by Calgary 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.



Updated October 30, 2023