



# Improving Your Relationship with Food

## Class Resources

The handouts listed below may be used during the class. Click on the names to view them. We encourage you to review the handouts before the class and write down questions you have.

- [Exploring Your Relationship with Food](#)
- [Hunger and Fullness Signals](#)



<https://www.ahs.ca/info/Page16878.aspx>



**Nutrition  
Services**

Essential partners  
in health



**Primary Care  
Alberta**

Alberta Healthy Living  
Program

Updated October 3, 2025