



# Intuitive Eating

Join us for a 3-part class to learn more about:

- How to get off the diet treadmill
- New ways to manage your emotional eating and health
- How to improve your relationship with food
- Ending the guilt, frustration, and diet confusion

Class Type	Date	Time	How to Register
Online	Tuesday, July 9, 16 & 23	1:30 p.m. – 3:00 p.m.	<a href="#">Register online</a> or call 1-844-527-1160 Hosted by Calgary Zone
	Wednesday, October 30, November 6 & 13	6:00 p.m. – 7:30 p.m.	

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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