



Managing Emotional Eating

In these 2-part and 3-part online classes, you will learn:

- To understand what influences your food choices
- To be aware of your food triggers, such as emotions, situations, events and cravings
- How to form a healthy relationship with food
- Skills, tools, and strategies for long-term healthy eating habits

Class Type	Date	Time	How to Register
2-part online class	Tuesday, March 26 & April 2	6:00 p.m. – 8:30 p.m.	Register online or call 1-844-527-1160 Hosted by Calgary Zone
	Tuesday, April 16 & 23	9:30 a.m. – 12:00 p.m.	
	Thursday, June 13 & 20	6:00 p.m. – 8:30 p.m.	
3-part online class	Wednesday, February 21, 28 & March 6	1:00 p.m. – 3:30 p.m.	Register online or call 1-877-314-6997 Hosted by Central Zone
	Thursday, April 4, 11 & 18	9:00 a.m. – 11:30 a.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.



Updated February 14, 2024