



# 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
3-part online class	Future class dates hosted by South Zone to be determined		Call 1-866-506-6654 Or 1-866-795-9709 Hosted by South Zone
3-part online class	Tuesday, November 7, 14 & 21	1:00 p.m. – 3:30 p.m.	<a href="#">Register online</a> or call 1-877-314-6997 Hosted by Central Zone
2-part online class	Thursday, November 23 & 30	6:00 p.m. – 8:30 p.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