

Adult Weight Management Tier 2

What can I expect to learn?

Class 2.1: Physical Activity and Taming Triggers

- Physical activity and how our thoughts and emotions influence what we do

Class 2.2: Make a Plan to Eat Well

- Identify what in our environment, personal habits or lifestyle may be influencing our food choices
- How food portions affect weight and health
- 4 P's of meal planning and their role in helping you meet your health goals

Class 2.3: Emotions and Eating

- Recognize emotions and triggers
- Manage unhelpful feelings and thoughts
- Understand mindful eating

How many parts are there to this class?

- 3 sessions, 2 hours and 30 minutes each

How is this class being offered?

- Over Zoom

Who can register for this class?

- Adults and/or their caregivers living anywhere in Alberta

How can I register for this class?

- Phone us at 1-877-349-5711 or visit our [website](#) to view our class schedule or register.