

# Adult Weight Management Tier 3

## What can I expect to learn?

### Class 3.1: Nutrition: Eating Away from Home

- What “all or nothing” thinking is and how it influences your choices
- Describe the challenges of eating food prepared outside your home and how it can affect weight and health
- Where calories come from and how to manage them

### Class 3.2: Factors Affecting Weight Management

- How stress, physical and mental health affect weight
- How sleep, medications, cravings and effective communication can impact weight management
- Problem-solve personal barriers and areas of concern

## 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.