

Getting Started with Weight Management

What can I expect to learn?

- How to look at your weight and the affects it has on your health
- Tools you can use to start making small changes
- Ways to measure your success beyond using the scale

How many classes are there?

- 1 class for 2 hours and 30 minutes

How is this class being offered?

- Over Zoom

Who can register for this class?

- Adults who are living in Alberta and will be in Alberta during the class

How can I register for this class?

- For more information about class schedules or to register, phone toll free 1-866-506-6654 or 1-866-795-9709