

Healthy Eating for Reducing Risk

What can I expect to learn?

- How to protect your health and enjoy healthy eating
- How to read food labels
- Ways to make healthy choices

How many classes are there?

- 1 class for 1 hour 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