

Adult Weight Management Series

What can I expect to learn?

- Tools for managing your health and weight for the rest of your life
- Ways to increase your physical activity level
- What healthy eating looks like
- How to manage stress
- How to set realistic lifestyle goals

Getting Started with Weight Management is a pre-requisite class.

How many classes are there?

- 9 classes for 2 hours and 30 minutes each

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