



# The 4 P's for Meal Planning

Join a Dietitian to learn more about:

- Tips on how to put nutrition knowledge into practice
- The 4P's for meal planning: Plan, Purchase, Prepare, and Pack

Class Type	Date	Time	How to Register
Online	Monday, December 8	6:00 p.m. – 7:00 p.m.	<a href="#">Register online</a> or call 1-877-314-6997 Hosted by Central Zone
	Thursday, January 15	12:00 p.m. – 1:00 p.m.	
	Friday, February 20	12:00 p.m. – 1:00 p.m.	
	Wednesday, March 18	7:00 p.m. – 8:00 p.m.	

Call a registration number or click on “register online” for additional dates offered by that zone.

**Note:** This class is also a part of the [10-part Adult Weight Management Series](#). If you are registered for that series, you do not need to register for this class.

These classes are for Albertans over the age of 18. Online classes are on Zoom and participants should have access to:

- A computer, tablet, or smartphone with a working camera and microphone;
- An internet connection; [visit this webpage to learn how to join a Zoom class](#);
- A private space in Alberta while attending the class.



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