



Weight Management Series 1

Learn more about weight management in this set of three 2.5-hour classes that talks about:

- Weight, obesity, and your health.
- Planning for physical activity.
- Healthy habits, journaling, and motivations to help you make a change.
- Factors that change your energy needs.
- Healthy food and drink choices and what influences your choices.

Date	Time	How to Register
Thursday, April 11, 18 & 25	1:00 p.m. – 3:30 p.m.	Register online or call 1-877-314-6997 Hosted by Central Zone
Monday, April 22, 29 & May 6	9:00 a.m. – 11:30 a.m.	
Wednesday, May 8, 15 & 22	5:30 p.m. – 8:00 p.m.	
Wednesday, April 10, 17 & 24	5:30 p.m. – 8:00 p.m.	Register online Or call 1-877-349-5711 Hosted by North Zone
Thursday, Apr 11, 18 & 25	9:30 a.m. – 12:00 p.m.	
Tuesday, May 7, 14, & 21	1:30 p.m. – 4:00 p.m.	
Tuesday, April 9, 16 & 23	1:30 p.m. – 4:00 p.m.	Call 1-825-404-7460 or 1-866-735-1051 and press 2 Hosted by Edmonton Zone
Saturday, April 13, 20 & 27	9:00 a.m. – 11:30 a.m.	
Wednesday, May 8, 15 & 22	6:00 p.m. – 8:30 p.m.	

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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**Alberta Health
Services**

Alberta Healthy Living
Program