



Weight Management Series 2

Build off what you learned in series 1 with this next set of three 2.5-hour classes that talk about:

- Unhelpful feelings and thoughts
- Mindful eating
- What, when, how much, and why we eat
- The 4 P’s for meal planning

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



Updated April 2, 2024