



Weight Management Series 3

Build off what you learned in series 1 and 2 with this next set of classes that talks about:

- “All or nothing” thinking
- Eating away from home (e.g. restaurants, buffets, parties, holidays)
- How stress, and physical and mental health affect weight
- The effects of sleep, medications, cravings, and effective communication on weight
- Share and problem solve barriers and other areas of concern

Date	Time	How to Register
Tuesday, April 9 & 16	9:30 a.m. – 12:00 p.m.	Register online Or call 1-877-349-5711 Hosted by North Zone
Thursday, May 30 & June 6	9:30 a.m. – 12:00 p.m.	
Tuesday, May 21 & 28	5:30 p.m. – 8:00 p.m.	Register online or call 1-877-314-6997 Hosted by Central Zone
Wednesday, April 17, 24 & May 1	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
Thursday, April 25, May 2 & 9	1:30 p.m. – 4:00 p.m.	
Wednesday, May 22, 29 & June 5	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.

