



Weight Management: Dietitian Question & Answer

Are you interested in learning more about weight management? Have you been diagnosed with a chronic condition like prediabetes, diabetes, or non-alcoholic fatty liver disease? Join a Dietitian to get answers to your question about nutrition for weight management! This class will also talk about:

- Nutrition tips to help you reach your weight management goals.
- How nutrition is part of managing chronic conditions.
- Your nutrition questions about weight management.

Class Type	Date	Time	How to Register
Online	Tuesday, April 15	1:30 p.m. – 2:30 p.m.	Register online or call 1-844-527-1160 Hosted by Calgary Zone
In-person	Friday, May 30	6:30 p.m. – 7:30 p.m.	In-person at South Calgary Health Centre Register online or call 1-844-527-1160 Hosted by Calgary Zone
Online	Thursday, July 10	10:30 a.m. – 11:30 a.m.	Register online or call 1-844-527-1160 Hosted by Calgary Zone

Click “register online” to see if there are additional class dates available.

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.

[Sign-up](#) for the e-newsletter and updates from the Alberta Healthy Living Program – Calgary Zone.



Updated February 21, 2025