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
In-person	Thursday, April 18	6:00 p.m. – 7:00 p.m.	In-person at Memorial Park Library. Registered through the Calgary Public Library
Phone	Wednesday, April 17	6:00 p.m. – 7:00 p.m.	Register online or call 1-844-527-1160 Hosted by Calgary Zone
Online	Monday, May 27	2:00 p.m. – 3:00 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.

Join our e-mail distribution list to receive the newsletter and other updates for the Alberta Healthy Living Program – Calgary Zone.

Alberta Health Services
Alberta Healthy Living Program

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