

Eating Well for Fatty Liver Disease



If you have been diagnosed with Metabolic Dysfunction Associated Steatosis Liver Disease (MASLD), this class is for you! Join a Dietitian to learn about:

- What MASLD is.
- Nutrition recommendations to manage MASLD.

Class Type	Date	Time	How to Register
Online	Thursday, May 8	9:30 a.m. – 10:30 a.m.	Register online or call 1-844-527-1160 Hosted by Calgary Zone
	Thursday, May 22	9:00 a.m. – 10:00 a.m.	Register Online or Call 1-877-314-6997 Hosted by Central Zone
	Friday, June 6	1:30 p.m. – 2:30 p.m.	Register online or call 1-844-527-1160 Hosted by Calgary Zone
	Tuesday, June 17	6:00 p.m. – 7:00 p.m.	Register Online or Call 1-877-314-6997 Hosted by Central Zone
	Wednesday, July 9	10:30 a.m. – 11:30 a.m.	Register online or call 1-844-527-1160 Hosted by Calgary Zone

Call a registration number or click on “register online” for additional dates offered by that zone.

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.

