

Improving Your Relationship with Food



Join us to learn more about:

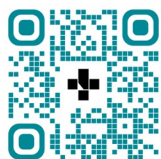
- What can influence food choices and eating behaviours.
- How to decrease stress around eating.
- Freeing yourself from the food rules that control our lives.
- How to start focusing on health and move away from focusing on weight.

Class Type	Date	Time	How to Register
Online	Tuesday, May 13	1:00 p.m. – 2:30 p.m.	Register online or call 1-877-314-6997 Hosted by Central Zone
In-person	Thursday, May 22 & 29	6:00 p.m. – 8:00 p.m.	In-person South Health Campus Wellness Centre Register online or call 1-844-527-1160 Hosted by Calgary Zone
Online	Wednesday, June 11	12:00 p.m. – 1:30 p.m.	Register online or call 1-877-314-6997 Hosted by Central Zone
Online	Wednesday, July 9 & 16	9:30 a.m. – 12:00 p.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.



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**Alberta Health
Services**

Alberta Healthy Living
Program