



Weight Management Series

1 + 10 Week Program

Learn more about managing your weight and health in this series of classes that talk about:

- Tools for managing weight and health, lifelong.
- Strategies for managing eating habits, physical activity, sleep, time, and stress.
- Creating realistic action plans
- Overcoming challenges

NOTE: “Introduction to Weight Management” is required, to register for the 10-week series

Class Type	Date	Time	Location	How to Register
Introduction to Weight Management	May 6	13:00 – 14:30	Zoom	1-866-506-6654 (Lethbridge or rural) 1-866-795-9709 (Brooks, Medicine Hat, and rural area)
	May 16	09:00 - 10:30		
	May 21	09:00 – 10:30		
	June 3	13:00 – 14:30		
	June 11	18:00 -19:30		
	June 18	09:00 -10:30		
	June 24	09:00 -10:30	In Person Medicine Hat	
	June 27	09:00 -10:30	Zoom	
	July 8	13:00 – 14:30		
	July 16	09:00 – 10:30		
Weight Management Series 10-part series, 1 class/ week	May 22- July 24	13:00 -15:00	Zoom	Hosted by South Zone
	June 18 – Aug 20	18:00 – 20:00		
	July 8 – Sep 9	09:00 - 11:00	In Person Medicine Hat	
	July 29 – Oct 7	18:00 – 20:00	Zoom	
	Aug 7 – Oct 9	13:00 – 15:00	Hybrid	
	Aug 21 - Oct 23	18:00 – 20:00	Zoom	
	Sept 3 - Nov 5	18:00 – 20:00		
	Sep 23 – Dec 9	09:00 – 11:00		

Classes are for Albertans over the age of 18. Online classes are on Zoom 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.



Alberta Healthy Living
Program