The 4 P's for Meal Planning

Join a Dietitian to learn more about:

- Tips on how to put nutrition knowledge into practice
- The 4P's for meal planning: Plan, Purchase, Prepare, and Pack

Class Type	Date	Time	How to Register
Phone	Friday, May 10	6:00 p.m. – 7:00 p.m.	Register online or call 1-844-527-1160 Hosted by Calgary Zone
Online	Wednesday, March 20	12:00 p.m. – 1:00 p.m.	Register online or call 1-877-314-6997 Hosted by Central Zone
	Wednesday, April 10 (Cooking Demo)	1:30 p.m. – 3:00 p.m.	Register online or call 1-844-527-1160 Hosted by Calgary Zone
	Tuesday, April 16	12:00 p.m. – 1:00 p.m.	Register online or call 1-877-314-6997 Hosted by Central Zone
	Wednesday, June 12	9:00 a.m. – 10:00 a.m.	Register online or call 1-844-527-1160 Hosted by Calgary Zone

Note: this class is also a part of the 10-part Adult Weight Management Series. If you are registered for that series, you do not need to register for this class.

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.

Alberta Health Services
Alberta Healthy Living Program

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