

Adult Weight Management Workshops

Alberta Healthy Living Program



Adult Weight Management 3-Tiers



Learn about the connection between weight and health and how to make long-term lifestyle changes.

There are 8 workshops led by a Health Educator or Dietitian. Join these supportive, casual, interactive groups.

Check the website for more information

Series 1

1.1 Understanding Weight and Health

Oct 20	Tue Afternoons	1:30-4pm
Nov 18	Wed Evenings	5:30-8pm
Dec 3	Thurs Mornings	9:30-12pm

1.2 - Eating Well for Weight and Health

Oct 27	Tue Afternoons	1:30-4pm
Nov 25	Wed Evenings	5:30-8pm
Dec 10	Thurs mornings	9:30-12pm

1.3 - Making Change & Building Habits

Nov 3	Tue Afternoons	1:30-4pm
Dec 2	Wed Evenings	5:30-8pm
Dec 17	Thurs mornings	9:30-12pm

Series 2

2.1 - Physical Activity & Taming Triggers

Oct 7	Wed Evenings	5:30-8pm
Nov 10	Tue Afternoons	1:30-4pm

2.2 - Make a Plan to Eat Well

Oct 14	Wed Evenings	5:30-8pm
Nov 17	Tue Afternoons	1:30-4pm

2.3 - Emotions and Eating

Oct 21	Wed Evenings	5:30-8pm
Nov 24	Tue Afternoons	1:30-4pm

Series 3

3.1 - Nutrition: Eating Away from Home

Oct 28	Wed Evenings	5:30-8pm
Dec 1	Tue Afternoons	1:30-4pm

3.2 - Factors Affecting Weight Management

Nov 4	Wed Evenings	5:30-8pm
Dec 8	Tue Afternoons	1:30-4pm

For dates and to register:

1-877-349-5711

www.healthylivingprogram.ca



**Primary Care
Alberta**