



Eating Well for Good Health

Learn about how the food you eat can impact your health. This Dietitian-led class will talk about:

- General healthy eating recommendations.
- How fat, fiber, and sodium are part of healthy eating.
- How to read food labels.

Class Type	Date	Time	How to Register
Phone	Tuesday, May 14	10:00 a.m. – 11:00 a.m.	Register online or call 1-844-527-1160 Hosted by Calgary Zone
Online	Monday, July 8	1:30 p.m. – 2:30 p.m.	
	Wednesday, August 21	9:00 a.m. – 10:00 a.m.	

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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