



Eating Well for Fatty Liver Disease

If you have been diagnosed with Metabolic Dysfunction Associated Steatosis Liver Disease (MASLD), this class is for you! Join a Dietitian to learn about:

- What MASLD is.
- Nutrition recommendations to manage MASLD.

Class Type	Date	Time	How to Register
Online	Thursday, May 2	10:00 a.m. – 11:00 a.m.	Register online or call 1-844-527-1160 Hosted by Calgary Zone
	Wednesday, June 5	1:30 p.m. – 2:30 p.m.	
Phone	Friday, July 5	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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