



Eating Away from Home

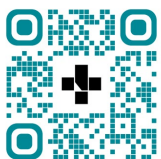
Are you ready to stop overeating when eating out, at parties, or during holidays? Join a Dietitian to learn more about:

- How buffets, parties, vacations, and holidays can affect how much you eat
- Ways to reduce overeating when eating out and during special occasions

| Class Type | Date | Time | How to Register |
|------------|-------------------------|-------------------------|---|
| Online | Thursday, June 6 | 12:00 p.m. – 1:00 p.m. | Register online or call 1-877-314-6997 Hosted by Central Zone |
| Phone | Wednesday, June 19 | 6:00 p.m. – 7:00 p.m. | Register online or call 1-844-527-1160 Hosted by Calgary Zone |
| Online | Wednesday, September 18 | 10:00 a.m. – 11:00 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.



Updated March 15, 2024