

Irritable Bowel Syndrome (IBS)



Wondering where or how to start getting a handle on IBS symptoms? Join a Dietitian to learn about:

- IBS and its symptoms
- How food and lifestyle choices can help you manage IBS symptoms

Class Type	Date	Time	How to Register
Online	Tuesday, May 7	9:00 a.m. – 10:00 a.m.	Register online or call 1-877-314-6997 Hosted by Central Zone
	Wednesday, May 8	1:00 p.m. – 2:00 p.m.	Call 1-866-506-6654 Or 1-866-795-9709 Hosted by South Zone
	Friday, May 17	2:30 p.m. – 3:30 p.m.	Register online or call 1-844-527-1160 Hosted by Calgary Zone
	Wednesday, June 5	1:00 p.m. – 2:00 p.m.	Register online or call 1-877-314-6997 Hosted by Central Zone
	Wednesday, June 12	1:00 p.m. – 2:00 p.m.	Call 1-866-506-6654 Or 1-866-795-9709 Hosted by South Zone
Phone	Friday, June 21	9:00 a.m. – 10:00 a.m.	Register online or call 1-844-527-1160 Hosted by Calgary Zone

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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