



Weight Management Series

1 + 10 Week Program

Learn more about managing your weight and health in this series of classes that talk about:

- Tools for managing weight and health, lifelong.
- Strategies for managing eating habits, physical activity, sleep, time, and stress.
- Creating realistic action plans
- Overcoming challenges

NOTE: “Introduction to Weight Management” is required, to register for the 10-week series.

Class Type	Date	Time	Location	How to Register
Introduction to Weight Management	May 1 st	09:00 - 10:30	Zoom	1-866-506-6654 (Lethbridge or rural) 1-866-795-9709 (Brooks, Medicine Hat, and rural area)
	May 2 nd	1800 -19:30		
	May 14 th	09:00 -10:30	In person Medicine Hat	
	May 14 th	13:00 -14:30	In person Lethbridge	
	May 23 rd	13:00 -14:30	Zoom	
	June 5 th	09:00 - 10:30		
Weight Management Series 10-part series, 1 class/ week	Mar 5 – May 7	09:00 – 11:00	Zoom	Hosted by South Zone
	April 3 – June 5	18:00 – 20:00		
	Apr 24 – June 26	13:00 -15:00		
	May 9 – June 11	18:00 – 20:00		
	May 21 – July 23	09:00 – 11:00	In person Medicine Hat	
	May 21 – July 23	13:00 -15:00	In person Lethbridge	
	June 19 – Aug 21	18:00 – 20:00	Zoom	

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.



Alberta Healthy Living Program