

Weight Wise Workshops

Free educational workshops available in your community!

Getting Started: Planning for Success

Learn about how obesity impacts your life and health, ways to record what you eat, how active you are, how you are feeling emotionally and treatment options including Bariatric surgery.

Location: Vermilion Prairie Place 2nd floor Boardroom, 5208 46 Ave Date: Sept 4, 18 Time: 9:30am-12:00pm

Lifestyle Change: A Tool Kit for Success

Learn strategies such as prioritizing, journaling, problem solving, thinking skills and goal setting to make and keep healthy lifestyle changes.

Location: Provincial Building – Conference RM 4701-52 Street Date: Jan 8, 2019 Time: 9:30am – 12: 00pm

Minding Stress: Effectively Reduce and Manage the Stress in Your Life

Discover the hidden costs of stress; explore what causes your stress and what you can do about it. Learn about and experience effective stress-management techniques and uncover the world of mindful eating.

Location: Provincial Building – Conference RM 4701-52 Street
Date: February 5 AND March 5, 2019 Time: 9:30 am – 12: 00 pm

Moving Matters: Including Physical Activity in Your Day

Explore the benefits and barriers to being more active. Receive tips on how to get more physically active while setting your own personal activity goals specific to weight management.

Location: Vermilion Prairie Place 2nd floor Boardroom, 5208 46 Ave Date: Oct 2, 18 Time: 9:30am–12:00pm

Nutrition: Eating Away From Home and on Special Occasions

Learn how buffets, parties, vacation and holiday eating can affect calorie intake and leave with strategies to minimize extra calories when eating away from home & during special occasions.

Location: Vermilion Prairie Place 2nd floor Boardroom, 5208 46 Ave Date: Dec 4, 2018 Time: 9:30am–12:00pm

Nutrition: I know I should Eat Healthy, But How?

Explore the 4 P's: *Plan, Purchase, Prepare and Pack* and leave with tips on how to put your nutrition knowledge into practice.

Location: Provincial Building – Conference RM 4701-52 Street Date: April 2, 2019 Time: 9:30am – 12: 00pm

Nutrition: The Top 5 Tips to Reduce Calories

Learn about the top five ways to lower calories and practice strategies in class.

Location: Vermilion Prairie Place 2nd floor Boardroom, 5208 46 Ave
Date: November 6, 2018 Time: 9:30 am – 12:00 pm

Nutrition: The Truth about What Works in Weight Management

Evaluate what you are eating and learn strategies that can help lower your calories. Explore how meal patterns, food choices and portion size affect calorie intake and about which foods can help you manage your weight.

Location: Provincial Building – Conference RM 4701-52 Street Date: June 4, 2019 Time: 9:30am–12: 00pm

Note: Workshops can be taken in any order depending on an individual's interest and schedule.

**Registration is required as date and time are subject to change.
For more information and to register please call:
Alberta Healthy Living Program Central Zone at 1-877-314-6997**