Adult Weight Management - Getting Started with Weight Management

January 16, 2025
10:00-11:00am MST

Managing weight is challenging and it can be difficult to know where to get started and why. Join us to explore the relationship between health and weight as well as some tips to get started.

**Please note that this session will not be recorded or uploaded to our website.

Learning Outcomes:

- Journaling
- Increasing steps
- SMART Goals

Speakers:

Larysa Sylvester, Health Educator for Alberta Health Services Chronic Disease Management Team

Alberta Health Services

Alberta Healthy Living Program

Target Audience: Adults looking to manage their weight

Please register for session at: https://fntn.ca/Home/Register-VC?eid=21774

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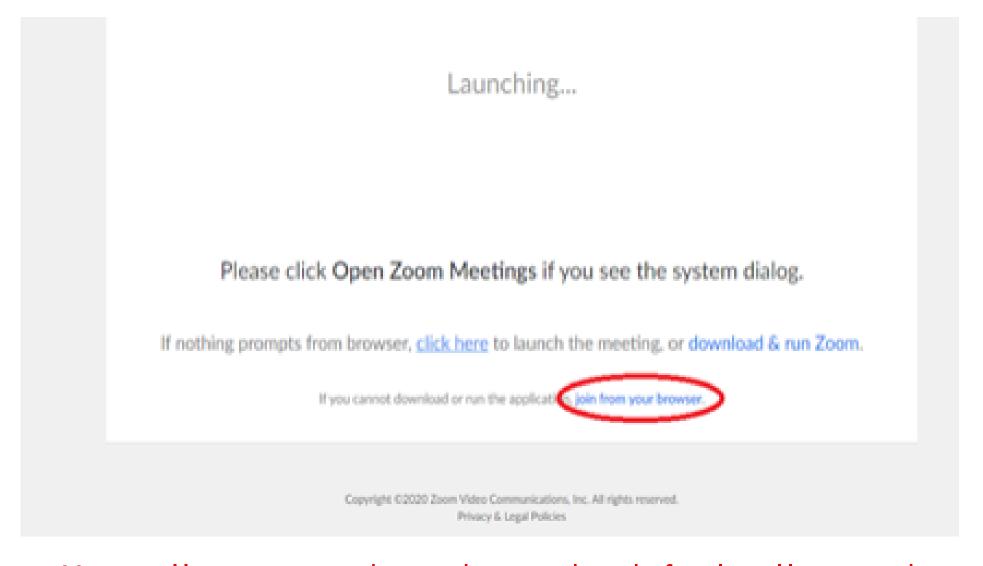@FIRSTNATIONSTELEHEALTHNETWORK

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