

Adult Weight Management - Motivation, Willpower, & Weight

January 29, 2025

1:30-2:30pm MST

Learn about how to find motivation to manage weight and how to overcome some of the barriers we have.

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



Learning Outcomes:

- Learn what motivates us
- Strengthening willpower
- Conquering procrastination and perfectionism
- Building Healthy Habits

Speakers:

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



Target Audience: Adults looking to manage their weight

Please register for session at:
<https://fntn.ca/Home/Registrar-VC?eid=21775>

To access this session from zoom:
<https://fntn.zoom.us/j/84750104413>
Meeting ID: 847 5010 4413
Passcode: 359782

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4. Click the option "click here" (See image below)

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2. Enter Meeting ID: 847 5010 4413

3. Passcode: 359782

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