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 <u>will not</u> 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



Alberta Healthy Living Program



Target Audience: Adults looking to manage their weight

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

To access this session from zoom:

https://fntn.zoom.us/s/847501

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Meeting ID: 847 5010 4413

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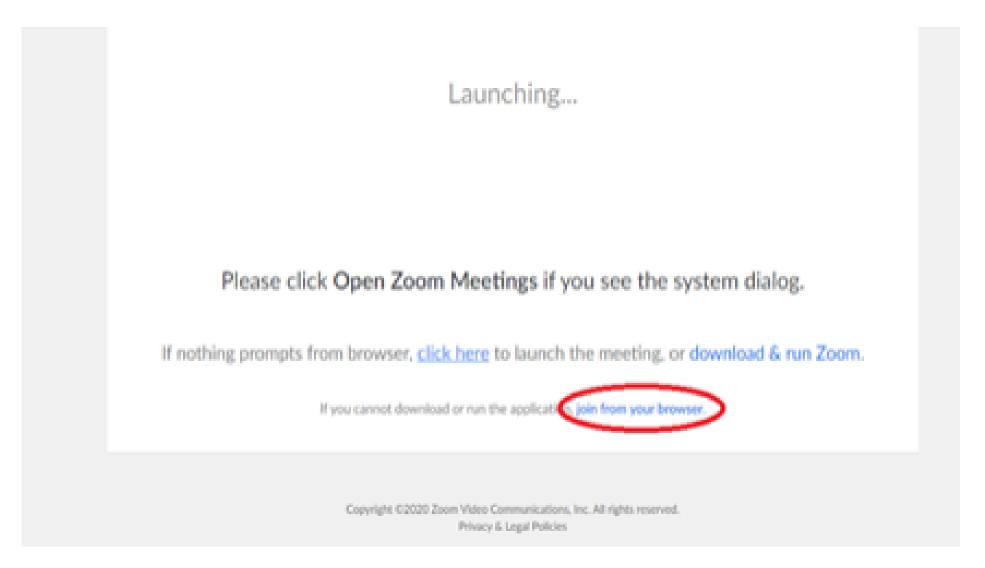
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- 4. Click the option "click here" (See image below)

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5. Another option will show up on the bottom, please click "join from your browser" (See image below)



6. You will now join the webinar, by default all attendees of the webinar are muted.

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- 2. Enter Meeting ID: 847 5010 4413
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- 4. Choose "download and run Zoom"
- 5. An executable file will be download, please run the file
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