

# Adult Weight Management - Thoughts & Emotions & Weight

February 19, 2025

1:30-2:30pm MST

Focus on how our thoughts and emotions can impact the choices we make around managing our weight.

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



## Learning Outcomes:

- Coping strategies for difficult emotions
- Strengthening mindful awareness
- Learning the S.T.O.P technique

## 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=21776>

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