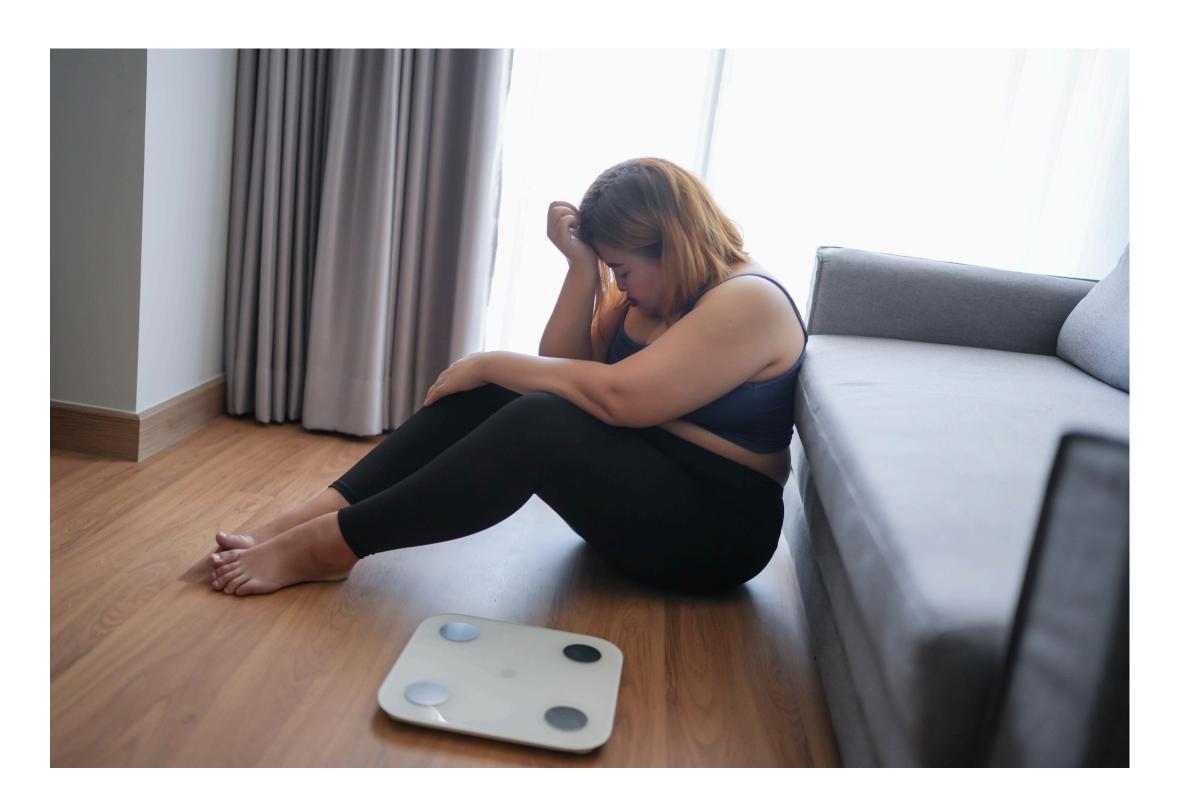# Adult Weight Management - Thoughts & Emotions & Weight

April 24, 2025
10:00-11:00am MT

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

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=21776

To access this session from *zoom*: https://fntn.zoom.us/s/85691492919
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To access this session from an *audio line*: 1-587-328-1099
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First Nations Telehealth Network
WWW.FNTN.CA
1.888.999.3356
VCHELP@FNTN.CA

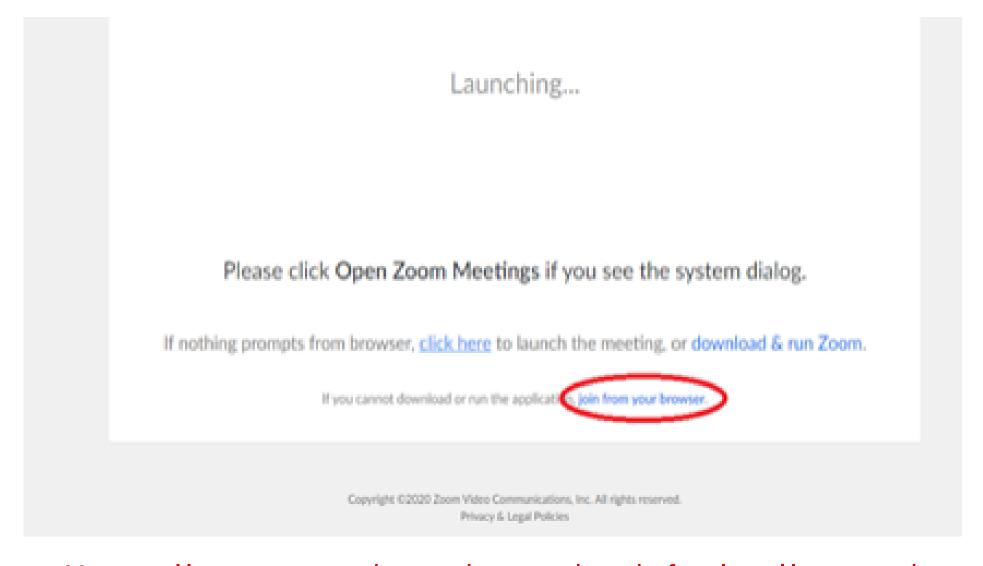@FIRSTNATIONSTELEHEALTHNETWORK

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