# Adult Weight Management - Environment, Health & Weight

## March 26, 2025
## 1:30-2:30pm MDT

Consider how our environment influences what we eat and techniques to control those cues. Look at how our physical health and mental health play a role in weight management.
**Please note that this session will not be recorded or uploaded to our website.



## Learning Outcomes:
- Identify eating cues
- Identify automatic instinct vs planned action
- Understand strategies to use when eating cues present
- Understand how physical and mental health play a role in weight management

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



**Alberta Health Services**
Alberta Healthy Living Program



Target Audience: Adults learning to manage their weight

Please register for session at:
https://fntn.ca/Home/Register-VC?eid=21777

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First Nations
Telehealth Network
WWW.FNTN.CA
1.888.999.3356
VCHELP@FNTN.CA



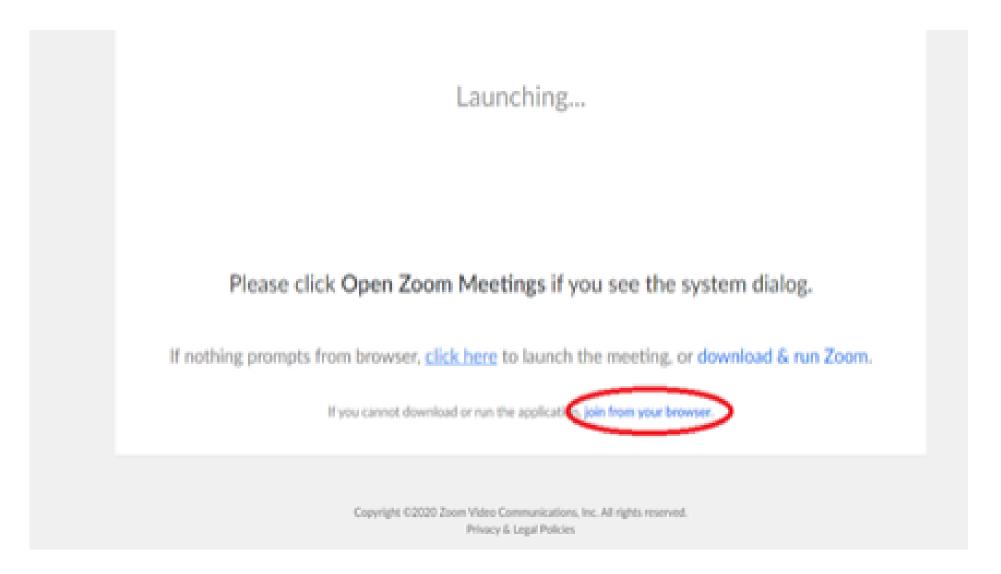@FIRSTNATIONSTELEHEALTHNETWORK

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