



**WHO:** For adults with overweight or obesity that are interested in managing their weight and optimizing their health

**WHAT:** *Your Best Health: Online Weight Management Module* is:

- A free, online weight management module
- Developed by health care professionals from across Alberta with expertise in weight management.
- Designed with the goal of empowering individuals to take control of their own weight and health.
- Aims to support self-management, adult education, health literacy and behaviour change including patient motivation and readiness, related to weight management
- Learner directed; individuals can work through content at their own pace
- Built upon engagement opportunities throughout that focus on self-reflection, goal setting and skill development

**HOW:** Access the module at <https://myhealth.alberta.ca/learning/modules/Weight-Management>

**QUESTIONS OR CONCERNS:** Email the Provincial Bariatric Resource Team at [provincialbariatricresourceteam@ahs.ca](mailto:provincialbariatricresourceteam@ahs.ca)