

AHS Nutritional Services

811

<https://www.albertahealthservices.ca/nutrition/page16475.aspx>

- AHS Provides a number of nutritional services depending on where you live in Alberta.
Some include:
 - [Nutrition Counselling - Adult](#)
 - [Nutrition Counselling - Cancer](#)
 - [Nutrition Counselling - Healthy Pregnancy Weight Gain](#)
 - [Nutrition Counselling - Pediatric](#)
 - [Nutrition Counselling - Pediatric Weight Management](#)
- Free workshops and classes as well!
- Website is the best way to access, but 811 works as well