



Tips for Eating: Prediabetes & Diabetes

Are you diagnosed with prediabetes or type 2 diabetes and not sure about what to eat? Do you want to learn about what to eat to prevent diabetes? Join this Dietitian-led class to hear more about:

- How different foods affect your blood sugars
- Healthy eating tips to manage prediabetes and type 2 diabetes

This class may not be right for people using insulin. Call the registration number for more information.

Class Type	Date	Time	How to Register
Phone	Wednesday, May 10	9:30 a.m. – 11:30 a.m.	Register online or call 1-844-527-1160 Hosted by Calgary Zone
Online	Tuesday, May 30	1:30 p.m. – 3:30 p.m.	
Phone	Friday, June 9	1:30 p.m. – 3:30 p.m.	
Online	Wednesday, June 21	9:30 a.m. – 11:30 a.m.	
Phone	Monday, July 10	9:30 a.m. – 11:30 a.m.	
Online	Tuesday, July 25	1:30 p.m. – 3:30 p.m.	
Online	Thursday, August 24	9:30 a.m. – 11:30 a.m.	

These classes are for Albertans over the age of 18. Online classes are on Zoom and participants should have access to:

- A computer, tablet, or smartphone with a working camera and microphone;
- An internet connection; [visit this webpage to learn how to join a Zoom class](#);
- A private space in Alberta while attending the class.

To receive updates about upcoming programs and services offered by the Alberta Healthy Living Program – Calgary Zone, [join our e-mail distribution list](#).

