

Tips for Eating: Prediabetes & Diabetes – Mandarin 普通话 and Cantonese 廣東話



Have you been 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. Please call us for more information.

Class Type & Language	Date	Time	How to Register
In-person Cantonese	Tuesday, April 22, 2025	9:30 a.m. – 11:30 a.m.	Drop-in at Calgary Chinese Elderly Citizens' Association 111 Riverfront Ave SW, Calgary
In-person Mandarin	Tuesday, April 22, 2025	1:30 p.m. – 3:30 p.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.

[Sign-up](#) for the e-newsletter and updates from the Alberta Healthy Living Program – Calgary Zone.



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