



Tips for Eating: Prediabetes & Diabetes ਪੰਜਾਬੀ

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	Date	Time	How to Register
In-person	Thursday, April 10	1:30 p.m. – 3:00 p.m.	In-person at Saddletowne Library. Drop-in or register online

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.

