



# Diabetes: Meal Planning

Join a Registered Dietitian to learn about:

- how meal planning can help improve blood sugars
- the benefits of low glycemic index foods
- tips for eating away from home.

Class Type	Date	Time	How to Register
Online	See online <a href="#">course catalogue</a>	See online <a href="#">course catalogue</a>	Call 1-825-404-7460 (Line 1) to register.

## Who can register?

Adults and/or their caregivers who live in [Edmonton Zone](#) and who are physically present in Alberta during the session.

**\*Note: We highly recommend that participants take the first class ([Diabetes: Healthy Eating](#)); however, this is not required.\***

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.