

Basic Diabetes Management



These classes are for adults living with prediabetes, Type 2 diabetes, or are at risk of developing diabetes. Join an online class to learn about:

- What diabetes is and how it is diagnosed
- The importance of monitoring and managing blood sugars
- Preventing or delaying complications
- How food affects blood sugars, including what, when and how we eat
- Common medications used to manage diabetes

The longer classes also talk about what to do when you're feeling sick, staying active, and taking care of your feet.

Class Type	Date	Time	How to Register
Basic Diabetes Management 1 x 2-hour class	4 th Wednesday of every month	9:00 a.m. – 11:00 a.m.	Call 1-866-506-6654 Or 1-866-795-9709 Hosted by South Zone
Managing Diabetes 3 x 2.5-hour classes	Offered 2-3 times every month. Click here for all dates.	Morning, afternoon and evening options available	Register online Or call 1-877-349-5711 Hosted by North Zone
Diabetes: The Basics 4 x 2-hour classes	Thursday, starting May 15	1:00 p.m. – 3:00 p.m.	Register online or call 1-877-314-6997 Hosted by Central Zone
	Monday, starting May 26	5:30 p.m. – 7:30 p.m.	
	Wednesday, starting June 11	9:00 a.m. – 11:00 a.m.	

Call a registration number or click on “register online” for additional dates offered by that zone.

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.

