



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	Wednesdays, starting March 27	1:00 p.m. – 3:00 p.m.	Register online or call 1-877-314-6997 Hosted by Central Zone
	Tuesday, starting April 9	9:00 a.m. – 11:00 a.m.	
	Monday, starting April 27	5:30 p.m. – 8:30 p.m.	
	Wednesday, starting May 8	1:00 p.m. – 3:00 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.



Alberta Health Services

Alberta Healthy Living Program