

Sugar Spike: The Glycemic Index and Your Health

What can I expect to learn?

- What the Glycemic Index is
- How different foods affect your blood sugar

This Dietitian-led class is great for people living with prediabetes, diabetes and non-alcoholic fatty liver disease.

How many classes are there?

1 class for 1 hour and 15 minutes each

How is this class being offered?

Over Zoom

Who can register for this class?

Adults who are living in Alberta and will be in Alberta during the class

How can I register for this class?

For information about when this class is being offered or to register, you can:

- Scan the QR code with your phone, scroll to page 19 and click on the class title;
- [Register online](#);
- Use our [Class Schedule Guide](#) or [Class Description Handbook](#); or
- Phone us at 1-844-527-1160

To receive updates about upcoming programs and services offered by the Alberta Healthy Living Program- Calgary Zone, [join our e-mail distribution list](#).

