

Tips for Eating: Prediabetes and Diabetes Punjabi (ਪੰਜਾਬੀ)

What can I expect to learn?

Are you 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?

Come learn more from a Dietitian, including:

- How different foods affect your blood sugars
- Healthy eating tips to manage prediabetes and diabetes

How many classes are there?

One class for 2 hours

How is this class being offered?

Over Zoom and by phone

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;
- [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](#).

