

Diabetes: Meal Planning

What can I expect to learn?

- How to plan meals using **P**lan, **P**urchase, **P**repare and **P**ack
- Practice meal planning in class
- Tips to make recipes healthier and how to make better choices when dining out

How many parts are there to this class?

- 1 class for 2 hours

How is this class being offered?

- This class is being offered over Zoom

Who can register for this class?

- Adults and/or their caregivers living in Edmonton Zone

How can I register for this class?

- Phone 825-404-7460 or toll-free 1-866-735-1051 to register
- To see a schedule of our upcoming classes, view our online [course catalog](#)

NOTE: We highly recommend that participants take the first class (Diabetes: Healthy Eating); however this is not required.