



Pre-Diabetes

Join a Registered Dietitian to learn about:

- what is prediabetes
- lowering your risk of Type 2 Diabetes
- food choices for meals and snacks
- the Healthy Plate model.

Class Type	Date	Time	How to Register
Online	See online course catalogue	See online course catalogue	Call 1-825-404-7460 (Line 1) to register.

Who can register?

Adults and/or their caregivers who live in [Edmonton Zone](#) and who are physically present in Alberta during the session.

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.