

Taking Charge: Daily Management of Type 2 Diabetes

What can I expect to learn?

- Understand the impact of type 2 diabetes on the heart, liver and kidneys
- What blood glucose and A1C are , why we test for them and what are their targets
- Learn about the Triangle Concept and how diabetes management includes all 3 strategies:
 - Healthy Eating
 - Physical Activity
 - Medication

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](#)