



Diabetes

Taking Charge: Daily Management

What can I expect to learn?

- Overview of what diabetes is:
 - What happens with type 2 diabetes – cardio (heart), liver, and kidney effects
- Triangle concept
 - How diabetes management includes all 3 strategies: healthy eating, physical activity, and medication
- Blood glucose (blood sugar) and A1C
 - What they are, targets, importance of testing, and blood glucose readings
- Health care team
 - Health check resources and best times to get them done

How many workshops are there?

One workshop for 2 hours and 30 minutes

How is this class being offered?

Over Zoom or in-person

Who can register for this workshop?

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

How can I register for this workshop?

Phone 1-866-735-1051 (choose 1) or view our online [course catalogue](#)

Note: Please take this class before Taking Charge: Long-Term Management

