



Diabetes:

Taking Charge: Long-Term Management

What can I expect to learn?

- Managing Type 2 Diabetes:
 - Blood glucose measures and monitoring
 - Medications commonly prescribed for diabetes and how they can help manage blood glucose
- Sick day management
 - Tips to stay safe when sick or dehydrated (low intake of fluid) with diabetes
- Health checks
 - Why doing health checks is important for managing type 2 diabetes, including important observation and screening to prevent serious diabetes complications

How many workshops are there?

One workshop for 2 hours and 30 minutes

How is this workshop being offered?

Over Zoom

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 complete [Taking Charge: Daily Management](#) before enrolling in this class

