

# Taking Charge: Long-Term Management of Type 2 Diabetes

## What can I expect to learn?

- How to monitor blood glucose levels
- Medications commonly prescribed for type 2 diabetes and how they help you manage blood glucose levels
- How to stay safe when sick or dehydrated
- Why having health checks is important for type 2 diabetes management
- Considerations to take when observing and screening to prevent serious diabetes complications

## 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](#)