

Managing Diabetes

What can I expect to learn?

- What diabetes is
- The importance of monitoring blood sugar and other tests
- How foods affect blood sugar
- How to prevent or delay complications
- How to read food labels and plan your meals

We also discuss tips for travelling, getting a good night sleep and managing illness, the benefits of keeping active, and why and how to take care of your feet.

How many parts are there to this class?

- 3 sessions, 2 hours and 30 minutes each

How is this class being offered?

- Over Zoom

Who can register for this class?

- Adults and/or their caregivers living anywhere in Alberta

How can I register for this class?

- Phone us at 1-877-349-5711 or visit our [website](#) to view our class schedule or register.

This workshop is for anyone at risk for developing diabetes, those diagnosed with pre-diabetes or Type 2 diabetes or anyone who supports people living with Diabetes and wants to broaden their knowledge.