

Tips for Eating: Prediabetes & Diabetes



Are you diagnosed with prediabetes or type 2 diabetes and not sure about what to eat? Do you want to learn about what to eat to prevent diabetes? Join this Dietitian-led class to hear more about:

- How different foods affect your blood sugars
- Healthy eating tips to manage prediabetes and type 2 diabetes

This class may not be right for people using insulin. Call the registration number for more information.

Class Type	Date	Time	How to Register
Online	Wednesday, May 6	9:00 a.m. – 10:00 a.m.	Register online or call 1-877-314-6997 Hosted by Central Zone
	Thursday, May 21	1:00 p.m. – 2:00 p.m.	
	Thursday, June 4	4:30 p.m. – 5:30 p.m.	
	Wednesday, June 17	12:00 p.m. – 1:00 p.m.	
	Monday, July 6	12:00 p.m. – 1:00 p.m.	
	Wednesday, August 12	12:00 p.m. – 1:00 p.m.	
	Monday, September 14	5:30 p.m. – 6:30 p.m.	

Call a registration number or click on “register online” for additional dates offered by that zone.

Note: There are also **basic diabetes management** classes available for anyone wanting support in all areas of diabetes management (i.e. physical activity, stress, sleep, more information about nutrition) or who is at risk of developing diabetes. [Learn more about and register for basic diabetes management classes here.](#)

These classes are for Albertans over the age of 18. Online classes are on Zoom and participants should have access to:

- A computer, tablet, or smartphone with a working camera and microphone;
- An internet connection; [visit this webpage to learn how to join a Zoom class](#);
- A private space in Alberta while attending the class.



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