

Diabetes the Basics

Free educational workshop

This class is for people:

- With Type 2 Diabetes, Prediabetes or at risk of developing diabetes

What you will learn:

- What diabetes is
- Why monitor blood sugar
- How medications for diabetes work
- What foods affect blood sugar
- How physical activity affects blood sugar
- What to do when you are sick
- How and why to take care of your feet



Workshop Information:

Location: Vermilion Prairie Place Boardroom 2nd Floor– 5208 46 Ave.

Dates: Friday October 27 at 9:30 am – 3:30 pm AND

November 24th at 9:30 am – 12:00 pm (**Must register for both days)

Registration is required as date and time are subject to change.

**For more information and to register, please call the
Alberta Healthy Living Program Central Zone at 1-877-314-6997**