



Sugar Spike: The Glycemic Index and Your Health

This class is great for any adults interested in learning more about the glycemic index. People living with prediabetes, diabetes, and non-alcoholic fatty liver disease may also find this information helpful.

This Dietitian-led class will talk about:

- What the glycemic index is
- How different foods affect your blood sugar

Class Type	Date	Time	How to Register
Online	Thursday, May 23	9:00 a.m. – 10:15 a.m.	Register online or call 1-844-527-1160 Hosted by Calgary Zone
	Thursday, July 18	1:30 p.m. – 2:45 p.m.	
	Friday, September 27	9:00 a.m. – 10:15 a.m.	

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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