



Tips for Eating: Prediabetes & Diabetes ਪੰਜਾਬੀ

Have you been 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. Please call us for more information.

Class Type	Date	Time	How to Register
In-person	Friday, April 19	10:15 a.m. – 11:45 a.m.	In-person at Country Hills Library. Registered through the Calgary Public Library
	Thursday, May 23	1:30 p.m. – 3:00 p.m.	In-person at Saddletowne Library. Registered through the Calgary Public Library
	Wednesday, June 12	2:30 p.m. – 4:00 p.m.	In-person at Crowfoot Library. Registered through the Calgary Public Library

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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