



## Diabetes: Meal Planning

### What can I expect to learn?

- How to plan meals using **Plan, Purchase, Prepare and Pack**
- Practice meal planning in class
- Tips to make recipes healthier and how to make better choices when dining out

### How many workshops are there?

One class for 2 hours

### How is this workshop being offered?

Over Zoom

### Who can register for this workshop?

Adults who live in [Edmonton Zone](#) and who are physically present in Alberta during the session.

### How can I register for this workshop?

Phone 1-866-735-1051 (choose 1) or view our online [course catalogue](#)

**\*Note: We highly recommend that participants take the first class ([Diabetes: Healthy Eating](#)); however, this is not required.\***

