



Pre-Diabetes

What can I expect to learn?

- Learn how to lower your risk for type 2 diabetes effectively through healthy eating, exercise and weight management

How many workshops are there?

One workshop for 2 hours each

How is this workshop being offered?

Over Zoom

Who can register for this workshop?

Adults and/or their caregivers 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](#)

