

Alberta Healthy Living Program



Diabetes the Basics

Free educational workshop for anyone diagnosed with pre-diabetes, Type 2 diabetes, or at risk of developing diabetes. In this workshop will you learn about diabetes and effective strategies that help manage it including:

- Monitoring blood sugar and other tests
- How foods affect blood sugar
- How to read food labels
- The benefits of keeping active
- Taking care of your feet

**Location: Vermilion Prairie Place 2nd floor
Boardroom – 5208 46 Avenue**

Number of sessions: 2

Dates and times:

**Session 1: Tuesday October 16, 2018
9:00 am – 3:30 pm**

**Session 2: Tuesday November 6, 2018
1:00 pm – 3:30 pm**



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

Please call the Alberta Healthy Living Program Central Zone: 1-877-314-6997