

# Diabetes the Basics

*Free educational workshop*

## **This class is for people:**

- With Type 2 Diabetes, Prediabetes or at risk of developing diabetes

## **What you will learn:**

- What diabetes is
- Why monitor blood sugar
- How medications for diabetes work
- What foods affect blood sugar
- How physical activity affects blood sugar
- What to do when you are sick
- How and why to take care of your feet



## **Workshop Information:**

**Location:** Vermilion Prairie Place Boardroom, 2<sup>nd</sup> Floor, 5208-46 Ave

**Dates:** October 27, 2016 **OR** December 13, 2016

**Time:** 9:30 a.m. – 3:30 p.m.

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

**For more information and to register, please call the  
Alberta Healthy Living Program Central Zone at 1-877-314-6997**