

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, 2nd Floor, 5208-46 Ave

Dates: February 23, 2017 **OR** April 27, 2017 **OR** June 20, 2017

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**