

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:**

**Number of Sessions: 4**

**Dates:**

**Time:**



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

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