

Sugar Spike: The Glycemic Index and Your Health

What can I expect to learn?

- What the Glycemic Index is
- How different foods affect your blood sugar

How many classes are there?

- 2 classes for 1 hour and 15 minutes each

How is this class being offered?

- Over Zoom

Who can register for this class?

- Adults who are living in Alberta and will be in Alberta during the class

How can I register for this class?

- Phone 403-943-2584 or visit our online [Course Catalog](#) to view our class schedules or register.

Course Catalog:

www.ahs.ca/ahlp → Calgary Zone → Online Registration → Courses
→ Health Education Classes → Diabetes & Prediabetes