

## Registration Form

Please complete this form and  
return to PO Box 570,  
Palmerston North  
or Fax 06-3575993

***This course is FREE***

Name .....

Address .....

.....

Tel Nos .....(home)

.....(work)

.....(mob)

Email.....

Diabetes Type 1 2 2 on insulin

Year Diagnosed .....

Health provider.....

Spouse, partner, parent, caregiver  
welcome to attend.

Support person/s name.....

I/We will attend the following

Module	Venue	Date
Full Course	.....	.....
Module 1	.....	.....
Module 2	.....	.....
Module 3	.....	.....

Provider

## LEARN ABOUT:

### Module 1 (tea/coffee & a snack provided)

- what is diabetes?
- your diabetes healthcare team & support services.
- testing & understanding results.
- medication & sick day management.
- taking action with diabetes.

### Module 2 (at venue & then a supermarket tour with dietitian)

- what is healthy eating for diabetes?
- how to read food labels and select healthy foods.
- making better choices at the supermarket.

### Module 3 (tea/coffee & a snack provided)

- healthy foot care.
- management of diabetes to prevent complications. (heart, kidney disease, nerve damage and eye conditions).
- recognition and management of high and low blood glucose levels.
- taking action with diabetes.

The full Diabetes "Healthy Living" course is 3 modules. We encourage you to attend all 3 modules.

**PLEASE REGISTER** so we can provide adequate resources and refreshments.

***We look forward to seeing you there***

### OTHER COURSES (Diabetes Education):

- Carbohydrate Awareness
- Cooking
- Type 1 Support Person
- Diabetes & Kidney Health
- Label Reading & Healthy Food Choices

***Contact us for more information***

Supported by:



# GOT DIABETES?

## "TAKE ACTION"

2  
0  
1  
8

GET  
EDUCATED  
FREE

"Empowering you to manage  
your diabetes—leaving you  
more time to do the things  
that matter to YOU"

**Manawatu Horowhenua &  
Taranaki Diabetes Trust**

Phone: 06 357 5992

Fax: 06 357 5993

E-mail: [admin@diabetestrust.org.nz](mailto:admin@diabetestrust.org.nz)

[www.diabetestrust.org.nz](http://www.diabetestrust.org.nz)



## 2018 DIABETES “HEALTHY LIVING” COURSE PROGRAMME

<b>ALL VENUES: WEEKDAY SESSIONS RUN FROM 5.30—7.30 PM (UNLESS OTHERWISE STATED)</b> <b>ALL VENUES: SATURDAY SESSIONS RUN FROM 9.30-11.30 AM</b>			
	MODULE 1	MODULE 2	MODULE 3
Palmerston North - Radius Medical at The Palms	Tues 13 February	Tues 20 February	Tues 27 Feb
445 Ferguson St	Sat 10 March	Sat 17 March	Sat 24 March
	Tues 22 May	Tues 29 May	Tues 5 June
	Sat 4 August	Sat 11 August	Sat 18 August
	Tues 16 October	Tues 23 Oct	Tues 30 Oct
	Tues 20 November	Tues 27 Nov	Tues 4 Dec
Levin - Horowhenua Health Centre	Mon 12 February	Mon 19 Feb	Mon 26 Feb
62 Liverpool St			
	Tues 8 May	Tues 15 May	Tues 22 May
	Sat 11 Aug	Sat 18 Aug	Sat 25 Aug
	Mon 26 November	Mon 3 December	Mon 10 Dec
Foxton - Te Waiora Community Health Services,	Wed 7 March	Wed 14 March	Wed 21 March
10 Ladys Mile			
	Tues 13 November	Tues 20 Nov	Tues 27 Nov
Himatangi -Himatangi Beach Health Clinic.			
Please register your interest. Courses will be delivered according to consumer demand.			
Shannon - Raukawa Iwi Medical Services, Stout St			
Please register your interest. Courses will be delivered according to consumer demand.			
Otaki - Presbyterian Church	Tues 20 February	Tues 27 Feb	Tues 6 March
245 Mill-Road, Otaki			
	Sat 27 October	Sat 3 Nov	Sat 10 Nov
Feilding- Feilding Healthcare	Mon 26 February	Mon 5 March	Mon 12 March
11.30 am—1.30pm			
7 Duke Street	Mon 25 June	Mon 2 July	Mon 9 July
	Mon 29 Oct	Mon 5 November	Mon 12 Nov
Dannevirke - REAP rooms			
15 Gordon Street	Tues 1st May	Tues 8th May	Tues 15th May
Woodville -Anglican Church Hall, Cnr Amelia & Fox St			
Please register your interest. Courses will be delivered according to consumer demand.			
Pahiatua - Heartland Services			
11 Mangahau Road	Tues 4th Sept	Tues 11th Sept	Tues 18th Sept
Eketahuna -Eketahuna Health Centre Please register your interest. Courses will be delivered according to consumer demand.			