

Please complete this
REGISTRATION FORM

and return to:

PO Box 570, Palmerston North
or Fax 06 357 5993

CARBOHYDRATE AWARENESS

**This Course is FREE and recommended
for people with diabetes.**

Please TICK the date you wish to attend:

- ☐ **Palmerston North**, 26th March 2018
The Palms Medical Centre **5:30-7:30PM**
- ☐ **Levin**, 11th April 2018
Horowhenua Health Centre **5:30-7:30PM**
- ☐ **Palmerston North**, 14th May 2018
Health on Main **10AM-12PM**
- ☐ **Levin**, 31st July 2018
Horowhenua Health Centre **10AM-12PM**
- ☐ **Palmerston North**, 16th August 2018
The Palms Medical Centre **5:30-7:30PM**
- ☐ **Feilding**, 20th September 2018
Feilding Medical Centre **10AM-12PM**
- ☐ **Palmerston North**, 16th October 2018
Health on Main **10AM-12PM**
- ☐ **Levin**, 13th November 2018
Horowhenua Health Centre **5:30-7:30PM**

VENUES

The Palms Medical Centre—445 Ferguson Street, PN
Health on Main—575 Main Street, PN
Horowhenua Health Centre—62 Liverpool Street, Levin

NAME: _____

Address: _____

Telephone: _____ Email _____

Support Person: _____

Manawatu
Horowhenua
Taranaki
Diabetes Trust



MANAWATU HOROWHENUA
TARANAKI DIABETES TRUST
PO BOX 570
HEALTH ON MAIN,
575 MAIN STREET
PALMERSTON NORTH

Phone: 06 357 5992

Fax: 06 357 5993

E-mail: admin@diabetestrust.org.nz

***Please ask us about our other DIABETES
EDUCATION Courses:***

- **Cooking classes**
- **Healthy Living courses**
- **Healthy Food Choices & Label Reading**
- **Diabetes & Kidney Health**

Manawatu
Horowhenua
Taranaki
Diabetes Trust



**CARBOHYDRATE
AWARENESS COURSE
2018***



TEL: 06 357 5992
FAX: 06 357 5993

Supported by:



CARBOHYDRATE AWARENESS 2018*

Do you have diabetes and sometimes struggle to manage your blood glucose levels? Do you ever wonder, 'can I eat this'?

Or, are you a support person confused with what foods to prepare for your loved-one with diabetes?

IF SO, THIS COURSE IS FOR YOU.

The amount and type of carbohydrate you eat affects your blood glucose levels. A healthy awareness of your carbohydrate intake can help you better manage your diabetes and health.



**For people newly diagnosed with diabetes, we recommend you first attend our "Healthy Living" course for a basic understand of diabetes and healthy eating.*

Our CARBOHYDRATE AWARENESS COURSE *will:*

- **HELP** you understand what carbohydrate foods are and how they affect your blood glucose levels.
- **TEACH** you how to measure the amount of carbohydrate you eat.
- **SHOW** you how to read labels for carbohydrate quantity AND quality.
- **INFORM** you about Glycaemic Index and its potential role in blood glucose control.
- **PROVIDE** you with resources and information about how to learn more.



CHECK OUT OUR OTHER COURSES:



- **Healthy Living Course**—learn all about how to manage your diabetes in this 3 module course.
- **Cooking Classes**—discuss and taste new recipe ideas.
- **Type 1 Support Person Courses**—held on a variety of topics specific to people with type 1 diabetes.
- **Healthy Eating and Label Reading**—learn the basics about what to look for when choosing foods and planning meals.

Courses are held year round throughout Manawatu, Horowhenua & Taranaki

FOR MORE INFORMATION:

Please telephone 06 357 5992 or
Email: admin@diabetestrust.org.nz