



PREDIABETES “TAKE ACTION” Get Educated

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**FREE
2022**

**NEW
ZOOM
classes
added!**

WONDERING WHAT YOU CAN DO?

Learn:

- What is prediabetes and how you can manage it
- How you can reduce your risk of developing Type 2 Diabetes

Venue confirmed on registration
All sessions have the same content



SESSION DATES:

1. Wednesday 26th January, 5.30 -7.30pm, Palm Nth
2. Monday 21st February, 1.00 - 3.00pm, Kauri Health Care
3. Tuesday 1st March, 5.30 - 7.30pm, Palm Nth
4. Monday 7th March, 11.30am - 1.30pm, Feilding
5. Monday 11th April, 6.30 - 8.30pm via ZOOM
6. Monday 16th May, 1.00 - 3.00pm, Kauri Health Care
7. Wednesday 22nd June, 11.30am - 1.30pm, Palm Nth
8. Wednesday 6th July, 6.30 - 8.30pm via ZOOM
9. Tuesday 23rd August, 5.30 - 7.30pm, Palm Nth
10. Monday 29th August, 11.30 am - 1.30pm, Feilding
11. Tuesday 6th Sept., 1.00 - 3.00pm, Kauri Health Centre
12. Monday 26th September, 6.30 - 8.30pm via ZOOM
13. Monday 17th October , 11.30am - 1.30pm, Foxton
14. Saturday 29th October, 9.30- 11.30am, Dannevirke
15. Tuesday 8th November, 5.30 - 7.30pm, Palmerston North
16. Tuesday 15th November, 1.00 - 3.00pm, Kauri Health Care
17. Saturday 26th November, 9.30 - 11.30am, Pahiatua
18. Thursday 8th Dec., 11.30am - 1.30pm, Feilding and Zoom

REGISTER ONLINE OR COMPLETE THIS FORM Prediabetes

NAME:.....

ADDRESS:.....
.....

PHONE:

EMAIL:

SUPPORT PERSON:

SESSION ATTENDING:.....

Emergency contact/Next of kin: Name & contact number:
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