

2022 Diabetes “Healthy Living” Course Programme

(Hot drink and a snack provided at all sessions)

Module 1

- What is diabetes?
- Your diabetes healthcare team & support services.
- Testing & understanding results.
- Medications.
- Taking action with diabetes.

Module 2

- What is healthy eating for diabetes?
- How to read food labels and select healthy foods.
- Making better choices at the supermarket/virtual supermarket tour.

Module 3

- Healthy foot care.
- Management of diabetes to prevent complications. (heart, kidney disease, nerve damage and eye conditions).
- Sick Day management, recognition and management of high and low blood glucose levels.
- Diabetes and driving.
- Taking action with diabetes.

In order to gain the most from the healthy living series we encourage you to attend all 3 modules. WE LOOK FORWARD TO SEEING YOU THERE.

OTHER COURSES (Diabetes Education):

- **Carbohydrate Awareness**
- **Prediabetes Education**
- **Cooking Demonstration**
- **Type 1 Support**
- **Label Reading & Healthy Food Choices**

Contact us for more information



CONTACT US

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[Facebook.com/MHTdiabetestrust/](https://www.facebook.com/MHTdiabetestrust/)

NEW ZOOM CLASSES ADDED FOR 2022



DIABETES “TAKE ACTION” HEALTHY LIVING 2022

New
ZOOM
classes
added

GET EDUCATED FREE

“Empowering you to manage your diabetes — leaving you more time to **LIVE LIFE**”



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Registration Form Healthy Living

Please complete this form and return it to PO Box 570, Palmerston North or register online

Name

Address

Tel Nos(home)

.....(work)

.....(mob)

Email.....

Diabetes Type 1 2 2 on insulin

Year Diagnosed

Health provider.....

NHI: (if known).....

I/We will attend the following

Module	Venue	Date
Full Course
Module 1
Module 2
Module 3

Support person/s welcome to attend. Name/s:

Emergency contact, Name & contact number:

LOCATION	TIME	MODULE 1	MODULE 2	MODULE 3
Palmerston North - The Palms, 445 Ferguson Street	5.30pm - 7.30pm	Tues 8 February	Tues 15 February	Tues 22 February
	9.30am -11.30am	Sat 12 March	Sat 19 March	Sat 26 March
	11.30am - 1.30pm	Tues 17 May	Tues 24 May	Tues 31 May
	9.30am -11.30am	Sat 13 August	Sat 20 August	Sat 27 August
	5.30pm - 7.30pm	Tues 18 October	Tues 25 October	Tues 1 November
Levin - Horowhenua Health Centre, 62 Liverpool St	5.30pm -7.30pm	Mon 28 February	Mon 7 March	Mon 14 March
	11.30am - 1.30pm	Tues 24 May	Tues 31 May	Tues 7 June
	9.30am -11.30am	Sat 20 August	Sat 27 August	Sat 3 Sept
	5.30pm -7.30pm	Mon 21 November	Mon 28 Nov	Mon 5 December
Foxton - Te Waiora Community Health Services, 10 Ladys Mile	11:00am - 1:00pm	Wed 18 May	Wed 25 May	Wed 1 June
	Otaki - Supper Room, Otaki Memorial Hall, 69 Main Street	9.30am-11.30am	Sat 5 November	Sat 12 November
Feilding - Feilding Healthcare, 7 Duke Street	11.30am - 1.30pm	Tues 22 March	Wed 30 March	Tues 5th April
	11.30am - 1.30pm	Thurs 23 June	Thurs 30 June	Thurs 7 July
	5.30pm -7.30pm	Wed 23 Nov	Wed 30 Nov	Thurs 8 December
Dannevirke - REAP rooms, 15 Gordon Street	9.30am - 11.30am	Sat 26 March	Sat 2 April	Sat 9 April
Pahiatua - Heartlands Services, 11 Mangahao Road	9.30am - 11.30am	Sat 3 September	Sat 10 September	Sat 17 September
Via ZOOM	6.30pm - 8.30pm	Mon 7 March	Mon 14 March	Mon 21 March
Via ZOOM	6.30pm - 8.30pm	Mon 13 June	Mon 20 June	Mon 27 June
Via ZOOM	11.30am - 1.30pm	Wed 14 Sept	Wed 21 Sept	Wed 28 Sept
Via ZOOM	6.30pm - 8.30pm	Wed 16 Nov	Wed 23 Nov	Wed 30 Nov