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**NEW
ZOOM
classes
added!**

DIABETES & PREDIABETES “TAKE ACTION” Cooking Series

2022



JOIN OUR DIETITIAN
TUTORS FOR TASTING
AND LEARNING
ABOUT HEALTHY
FOODS IN THE
KITCHEN

GET EDUCATED FREE

REGISTER ONLINE OR COMPLETE THIS FORM *Cooking*

NAME:.....

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

PHONE:.....

EMAIL:.....

SUPPORT PERSON:.....

EMERGENCY CONTACT PERSON, Name & number:
.....

Please circle which session (s) you would like to attend

- | | | | | | | | |
|---|----|----|----|----|----|----|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 | |

ALL SESSIONS APPROX 1.5-2 HRS
Venue confirmed upon registration

1. Tuesday 8th March, 5:30pm - **P.NTH**
HEALTHY LUNCHES
2. Thursday 31st March, 11.00 A.M - **P.NTH and via ZOOM**
HEALTHY LUNCHES
3. Thursday 12th May, 11.00AM - **EKETAHUNA**
WINTER WARMERS
4. Saturday, 21st May, 9.30 A.M - **LEVIN**
HEALTHY LUNCHES
5. Thursday 23th June 11.00 A.M - **P.NTH and via ZOOM**
WINTER WARMERS
6. Thursday 28th July, 11.00 A.M - **LEVIN**
WINTER WARMERS
7. Thursday 4th August, 11.00 AM - **P.NTH**
SWEET TREATS
8. Monday 22nd August, 10 A.M - **BEST CARE WHAKAPAI HAUORA**
WINTER WARMERS
9. Tuesday 6th September, 5.30 PM - **P.NTH and via ZOOM**
SWEET TREATS
10. Tuesday 20th September 11.00 A.M - **OTAKI**
BUDGET MEALS
11. Thursday 20th October, 11.00 A.M - **P. NTH**
BUDGET MEALS
12. Saturday 29th October, 9.30 AM - **LEVIN and via ZOOM**
BUDGET MEALS
13. Monday 14th November, 11.00AM - **FEILDING**
FESTIVE & SUMMER EATS
14. Thursday 1st December, 5.30PM - **P.NTH**
FESTIVE & SUMMER EATS
15. Monday 5th December, 10.00AM - **DANNEVIRKE**
FESTIVE & SUMMER EATS