

## 2024 Diabetes “Healthy Living” Course Programme

(A hot drink and 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 does healthy eating with diabetes look like?
- How to build a healthy plate.
- Reading food labels to choose healthier options.
- Supermarket strategies to support better choices.

### 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.

**To get the most from this course we encourage you to attend all 3 modules.**

### ASK US ABOUT OUR OTHER COURSES:

- **Welcome to Type 2 Diabetes - First Steps**
- **Carbohydrate Awareness**
- **Prediabetes Education**
- **Cooking Demonstration**
- **Food Choices and Label Reading**
- **Culturally specific courses for Māori, Pasifika and former refugee communities**
- **Diabetes Education for community groups**



## CONTACT US

Phone: 06 357 5992

admin@diabetestrust.org.nz

PO BOX 570

UNIT 9, 91 MILSON LINE,  
PALMERSTON NORTH 4414

www.diabetestrust.org.nz

Facebook.com/MHTdiabetestrust/

**ZOOM CLASSES AVAILABLE FOR 2024**



# HEALTHY LIVING with Diabetes

## “Take Action” FREE EDUCATION 2024

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

**ZOOM  
CLASSES  
AVAILABLE!**



MANAWATU HOROWHENUA  
TARARUA DIABETES TRUST

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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
Venue confirmed on registration Palmerston North	5.30pm - 7.30pm	Wed 7 Feb	Wed 14 Feb	Wed 21 Feb
	5.30pm - 7.30pm	Wed 16 Oct	Wed 23 Oct	Wed 30 Oct
	9.30am -11.30am	Sat 9 Mar	Sat 16 Mar	Sat 23 Mar
	11.30am - 1.30pm	Tues 14 May	Tues 21 May	Tues 28 May
	9.30am -11.30am	Sat 10 Aug	Sat 17 Aug	Sat 24 Aug
Horowhenua Health Centre 62 Liverpool Street Levin	5.30pm -7.30pm	Mon 26 Feb	Mon 4 Mar	Mon 11 Mar
	11.30am - 1.30pm	Tues 21 May	Tues 28 May	Tues 4 Jun
	9.30am -11.30am	Sat 24 Aug	Sat 31 Aug	Sat 7 Sept
	5.30pm -7.30pm	Mon 18 Nov	Mon 25 Nov	Mon 2 Dec
Te Waiora Community Health Services, 10 Ladys Mile, Foxton	11:00am - 1:00pm	Thurs 16 May	Thurs 23 May	Thurs 30 May
Nga Purapura, TWA 145 Tasman Road, Otaki	9.30am-11.30am	Sat 2 Nov	Sat 9 Nov	Sat 16 Nov
Feilding Healthcare 7 Duke Street Feilding	11.30am - 1.30pm	Tues 19 Mar	Tues 26 Mar	Tues 2 Apr
	11.30am - 1.30pm	Thurs 13 Jun	Thurs 20 Jun	Thurs 27 Jun
	5.30pm -7.30pm	Wed 20 Nov	Wed 27 Nov	Wed 4 Dec
REAP rooms, 15 Gordon Street, Dannevirke	9.30am - 11.30am	Sat 9 Mar	Sat 16 Mar	Sat 23 Mar
Heartlands Services, 11 Mangahao Road, Pahiatua	9.30am - 11.30am	Sat 31 Aug	Sat 7 Sept	Sat 14 Sept
via ZOOM	6.30pm - 8.30pm	Mon 4 Mar	Mon 11 Mar	Mon 18 Mar
	6.30pm - 8.30pm	Tues 4 Jun	Tues 11 Jun	Tues 18 Jun
	11.30am - 1.30pm	Thurs 12 Sept	Thurs 19 Sept	Thurs 26 Sept
	6.30pm - 8.30pm	Wed 20 Nov	Wed 27 Nov	Wed 4 Dec

Hititangi, Woodville, Shannon & Eketahuna, please register your interest. Courses will be delivered according to consumer demand.