



DIABETESTRUST
MANAWATU | HOROWHENUA | TARARUA

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COOKING SERIES for Diabetes & Prediabetes

“Take Action” FREE EDUCATION 2024

JOIN OUR
DIETITIANS FOR
LEARNING
ABOUT & TAST-
ING
HEALTHY
FOODS IN THE
KITCHEN

ALL SESSIONS APPROX 1.5 HOURS
Venue confirmed on registration

- **SUPER FAST MEALS**
Tues 5 Mar, 10.30am—12pm, **Palmerston North**
- **SUPER FAST MEALS**
Thurs 28 Mar, 5.30pm—7pm,
Palmerston North & via ZOOM
- **SUPER FAST MEALS**
Sat 27 Apr, 9.30am—11am, **Levin**
- **WINTER WARMERS**
Thurs 9 May, 11am—12.30pm, **Eketahuna**
- **WINTER WARMERS**
Thurs 6 Jun, 11am—12.30pm
Palmerston North & via ZOOM
- **WINTER WARMERS**
Thurs 1 Aug, 11am—12.30pm, **Levin**
- **SWEET TREATS**
Thurs 8 Aug, 11am—12.30pm, **Palmerston North**
- **WINTER WARMERS**
Mon 19 Aug, 10am—11.30am
Best Care Whakapai Hauora
- **SWEET TREATS**
Tues 3 Sept, 5.30pm—7pm
Palmerston North & via ZOOM
- **BUDGET FRIENDLY MEALS**
Tues 19 Sept, 11am—12.30pm, **Otaki**
- **BUDGET FRIENDLY MEALS**
Thurs 17 Oct, 11am—12.30pm, **Palmerston North**
- **BUDGET FRIENDLY MEALS**
Sat 26 Oct, 9.30am—11am, **Levin & via ZOOM**
- **SUMMER & FESTIVE EATS**
Mon 11 Nov, 11am—12.30pm, **Feilding**
- **SUMMER & FESTIVE EATS**
Thurs 28 Nov, 5.30pm—7pm, **Palmerston North**
- **BUDGET FRIENDLY MEALS**
Mon 2 Dec, 10am—11.30am, **Dannevirke**



ZOOM classes available!

REGISTER ONLINE OR COMPLETE THIS FORM

NAME:.....

ADDRESS:.....

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PHONE:.....

EMAIL:.....

SUPPORT PERSON:.....

EMERGENCY CONTACT PERSON, Name & number:

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PLEASE INDICATE THE DATE(S) & SESSION(S) YOU
WOULD LIKE TO ATTEND:

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