

## Please complete this REGISTRATION FORM

### CARBOHYDRATE AWARENESS

This Course is **FREE** and recommended for people with diabetes.

Please **TICK** the date you wish to attend:

- Palmerston North**, 28th March 2022  
The Palms Medical Centre **5:30-7:30PM**
- Levin**, 7th April 2022  
Horowhenua Health Centre **5:30-7:30PM**
- via ZOOM** 13th April 2022,  
**6:30 - 8:30PM**
- Dannevirke**, 16th May 2022  
REAP rooms, Gordon Street **10AM-12PM**
- Palmerston North**, 13th June 2022  
200 Broadway Ave **10AM-12PM**
- via ZOOM** 30th June 2022,  
**6:30 - 8:30PM**
- Levin**, 18th August 2022  
Horowhenua Health Centre **10AM-12PM**
- via ZOOM** 30th August 2022,  
**6:30 -8:30PM**
- Palmerston North**, 27th September 2022  
200 Broadway Ave **10AM-12PM**
- Levin**, 6th December 2022  
Horowhenua Health Centre **5:30-7:30PM**
- Palmerston North**, 8th December 2022  
The Palms Medical Centre **5:30 - 7:30PM**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

Support Person attending class: \_\_\_\_\_

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



### CLASS VENUES

The Palms Medical Centre: 445 Ferguson Street, PN  
MHT Diabetes Trust: 200 Broadway Ave., PN  
Horowhenua Health Centre: 62 Liverpool Street, Levin  
REAP rooms: 15 Gordon Street, Dannevirke  
ZOOM details to be provided on registration

## CONTACT US

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



# DIABETES “TAKE ACTION” Carbohydrate Awareness Get Educated FREE

## 2022

New  
ZOOM  
classes  
added



MANAWATU HOROWHENUA  
TARARUA DIABETES TRUST

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



# CARBOHYDRATE AWARENESS

2022\*



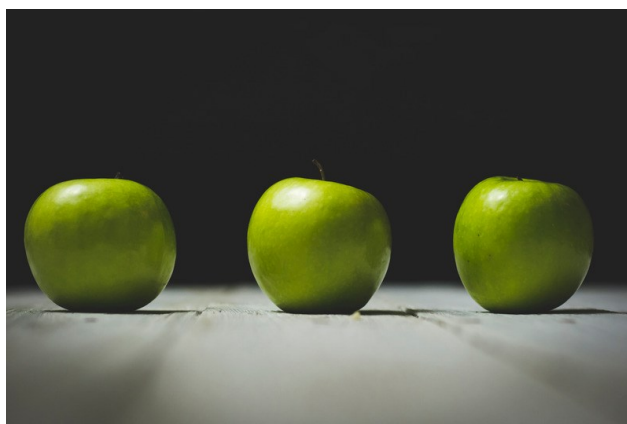
Do you have diabetes and sometimes struggle to manage your blood glucose levels? Do you wonder what you should be eating?

Or, are you a support person confused with what foods to prepare for your loved-one with diabetes?

## IF SO, THIS COURSE IS FOR YOU.

The amount and type of carbohydrate you eat affects your blood glucose levels. A basic awareness of your carbohydrate intake can help you better manage your diabetes and health.

*\*For people newly diagnosed with diabetes, we recommend you first attend our "Healthy Living" course for a basic understand of diabetes and healthy eating.*



## Our CARBOHYDRATE AWARENESS COURSE

*will:*

**HELP** you understand what carbohydrate foods are and how they affect your blood glucose levels.

**TEACH** you how to measure the amount of carbohydrate you eat.

**SHOW** you how to read labels for carbohydrate quantity AND quality.

**INFORM** you about Glycaemic Index and its potential role in blood glucose control.

**PROVIDE** you with resources and information about how to learn more.

*Light refreshments provided.*



**DIABETESTRUST**  
MANAWATU | HOROWHENUA | TARARUA

## CHECK OUT OUR OTHER COURSES:

### Healthy Living Course

Learn all about how to manage your diabetes in this 3 module course.

### Cooking Classes

Discuss and taste new recipe ideas.

### Type 1 Support Courses

Held on a variety of topics specific to people with Type 1 Diabetes.

### Healthy Eating and Label Reading

Learn the basics about what to look for when choosing foods and planning meals.

**Courses are held year round throughout Manawatu, Horowhenua & Tararua**

### FOR MORE INFORMATION:

Please phone 06 357 5992 or  
Email: [admin@diabetestrust.org.nz](mailto:admin@diabetestrust.org.nz)