

## 2023 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

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Facebook.com/MHTdiabetestrust/

**ZOOM CLASSES AVAILABLE FOR 2023**



# HEALTHY LIVING with Diabetes

## “Take Action” FREE EDUCATION 2023

“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
Palmerston North - The Palms, 445 Ferguson Street	5.30pm - 7.30pm	Wed 8th February	Wed 15 February	Wed 22 February
	9.30am -11.30am	Sat 11 March	Sat 18 March	Sat 25 March
	11.30am - 1.30pm	Tues 16 May	Tues 23 May	Tues 30 May
	9.30am -11.30am	Sat 12 August	Sat 19 August	Sat 26 August
	5.30pm - 7.30pm	Wed 18 October	Wed 25 October	Wed 1 November
Levin - Horowhenua Health Centre, 62 Liverpool St	5.30pm -7.30pm	Mon 27 February	Mon 6 March	Mon 13 March
	11.30am - 1.30pm	Tues 23 May	Tues 30 May	Tues 6 June
	9.30am -11.30am	Sat 26 August	Sat 2 September	Sat 9 September
	5.30pm -7.30pm	Mon 20 November	Mon 27 Nov	Mon 4 December
Foxton - Te Waiora Community Health Services, 10 Ladys Mile	11:00am - 1:00pm	Thurs 18 May	Thurs 25 May	Thurs 1st June
Otaki - Nga Purapura, TWA 145 Tasman Road	9.30am-11.30am	Sat 4 November	Sat 11 November	Sat 18 November
Feilding - Feilding Healthcare, 7 Duke Street	11.30am - 1.30pm	Tues 21 March	Tues 28 March	Tues 4th April
	11.30am - 1.30pm	Thurs 15 June	Thurs 22 June	Thurs 29 June
	5.30pm -7.30pm	Wed 22 Nov	Wed 29 Nov	Wed 6 December
Dannevirke - REAP rooms, 15 Gordon Street	9.30am - 11.30am	Sat 18 March	Sat 25 March	Sat 1 April
Pahiatua - Heartlands Services, 11 Mangahao Road	9.30am - 11.30am	Sat 2 September	Sat 9 September	Sat 16 September
Via ZOOM	6.30pm - 8.30pm	Mon 6 March	Mon 13 March	Mon 20 March
Via ZOOM	6.30pm - 8.30pm	Tues 6 June	Tues 13 June	Tues 20 June
Via ZOOM	11.30am - 1.30pm	Thurs 14 Sept	Thurs 21 Sept	Thurs 28 Sept
Via ZOOM	6.30pm - 8.30pm	Wed 22 Nov	Wed 29 Nov	Wed 6 Dec

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