

FOOD CHOICES & LABEL READING For Diabetes & Prediabetes

“Take Action” FREE EDUCATION 2023

ZOOM
classes
also
available

Wondering what to eat when you have Diabetes or Prediabetes?

If so, these FREE interactive & informative sessions could be for you.

Join us to learn more.

ALL SESSIONS APPROX 1.5 HOURS
Venues specified below.



PO BOX 570
200 BROADWAY AVENUE,
PALMERSTON NORTH 4410
Ph 06 357 5992 Fax 06 3575993
admin@diabetestrust.org.nz
www.diabetestrust.org.nz
Facebook.com/MHTdiabetestrust/

SESSION DATES:

- Tuesday, 14 March, 1:00 pm
Kauri HealthCare, Featherston St, PN
- Wednesday, 5 April, 1:00 pm
Feilding Health Care, 7 Duke Street
- Monday, 15 May, 10:00 am
15 Gordon Street, Dannevirke
- Tuesday, 13 June, 10:30 am
BUPA, 243 Napier Road, PN
- Monday, 24 July, 12:00 pm
via ZOOM
- Monday, 11 September, 12:00 pm
THINK HAUORA 200 Broadway, PN
- Thursday, 12 October, 12:00 pm
via ZOOM
- Monday, 27 November, 10:00 am
Best Care Whakapai Hauora, PN

REGISTER ONLINE OR COMPLETE THIS FORM

NAME:.....

ADDRESS:.....

PHONE:

EMAIL:

SUPPORT PERSON:

SESSION ATTENDING:.....

EMERGENCY CONTACT/NEXT OF KIN (Name & contact number):
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