

FOOD CHOICES & LABEL READING For Diabetes & Prediabetes

“Take Action” FREE EDUCATION 2024

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.



DIABETESTRUST
MANAWATU | HOROWHENUA | TARARUA

PO BOX 570
UNIT 9, 91 MILSON LINE,
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www.diabetestrust.org.nz
Facebook.com/MHTdiabetestrust/

SESSION DATES:

- Palmerston North, Tues 12 Mar
Kauri HealthCare, 1.00pm—2.30pm
- Feilding, Wed 3 Apr,
Feilding Health Care, 1.00pm—2.30pm
- Dannevirke, Mon 13 May,
Tararua REAP, 10:00am—11.30am
- Palmerston North, Wed 29 May
The Palms, 10.30am—12.00pm
- Palmerston North, Tue 11 Jun
*Venue confirmed on registration,
12.00pm—1.30pm*
- Online, Mon 22 Jul
via ZOOM, 12.00pm—1.30pm
- Palmerston North, Mon 9 Sept
The Palms, 12.00pm—1.30pm
- Online, Thurs 10 Oct
via ZOOM, 12.00pm—1.00pm
- Palmerston North, Mon 25 Nov
Best Care Whakapai Hauora, 10.00 am—11.30am

REGISTER ONLINE OR COMPLETE THIS FORM

NAME:.....

ADDRESS:.....
.....

PHONE:

EMAIL:

SUPPORT PERSON:

SESSION ATTENDING:.....

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