

Please complete this REGISTRATION FORM

CARBOHYDRATE AWARENESS

This Course is **FREE** and for people with diabetes.
Please **TICK** the date you wish to attend:

- Palmerston North**, Mon 27th March 2023
The Palms Medical Centre **5:30 -7:30PM**
- Levin**, Monday 3rd April 2023
Horowhenua Health Centre **5:30 -7:30PM**
- via ZOOM**, Thurs 27th April 2023
6:30 - 8:30PM
- Palmerston North**, Mon 12th June 2023
200 Broadway Ave **10AM- 12PM**
- via ZOOM**, Tues 27th June 2023
6:30 - 8:30PM
- via ZOOM**, Tues 8th August 2023
6:30 - 8:30PM
- Levin**, Thurs 17th August 2023
Horowhenua Health Centre **10AM-12PM**
- Palmerston North**, Tues, 10th October 2023
200 Broadway Ave **10AM - 12PM**
- Levin**, Mon 4th December 2023
Horowhenua Health Centre **5:30 - 7:30PM**
- Palmerston North**, Thurs 7th December 2023
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

Phone: 06 357 5992

Fax: 06 357 5993

admin@diabetestrust.org.nz

PO BOX 570
200 BROADWAY AVENUE
PALMERSTON NORTH 4410

www.diabetestrust.org.nz

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



CARBOHYDRATE AWARENESS for Diabetes

“Take Action” FREE EDUCATION

2023

**ZOOM
classes
available**



MANAWATU HOROWHENUA
TARARUA DIABETES TRUST

Phone: 06 357 5992

Fax: 06 357 5993

admin@diabetestrust.org.nz

www.diabetestrust.org.nz

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



CARBOHYDRATE AWARENESS

2023*

Do you have diabetes and struggle to manage your blood glucose levels, especially after meals? Are you afraid to eat certain types of foods because of their impact on your diabetes?

IF SO, THIS COURSE IS FOR YOU AND/OR YOUR SUPPORT PERSON.

Carbohydrate foods have the biggest impact on blood glucose. Making changes to the amounts and types of carbohydrate you eat can help you manage your diabetes and health with food.

**For people newly diagnosed with diabetes, we recommend you first attend either our “Welcome to Type 2 Diabetes” or “Healthy Living with Diabetes” course for a basic understand of diabetes and food choices.*



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.



CHECK OUT OUR OTHER COURSES:

Welcome To Type 2 Diabetes

Learn the basics of diabetes - what it is, why it matters and how you can manage it.

Healthy Living Course

Take a deep-dive into how to manage your diabetes in this 3 module course.

Food Choices & Label Reading

Learn about what to look for when selecting foods and planning meals.

Cooking Demonstrations

Learn about more food choices while tasting new recipe ideas.

Type 1 Support Courses

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

Cultural Specific Courses

Māori, Pasifika and former refugee communities

Diabetes Education for Community Groups

Courses are held year round throughout Manawatu, Horowhenua, Tararua & on Zoom