



**PO BOX 570
200 BROADWAY AVENUE
PALMERSTON NORTH 4410**
Ph 06 357 5992 Fax 06 3575993
admin@diabetestrust.org.nz
www.diabetestrust.org.nz

WONDERING WHAT YOU CAN DO?

Learn:

What is prediabetes and how you can manage it

How you can reduce your risk of developing Type 2 Diabetes

Venue confirmed on registration

All sessions have the same content

PREDIABETES

“Take Action” FREE EDUCATION

2023

**ZOOM
classes
available**



SESSION DATES:

1. **Wednesday, 25 January, 5.30 -7.30pm, [Palm Nth](#)**
2. **Monday, 20 February, 1.00 - 3.00pm, [Kauri HealthCare](#)**
3. **Monday, 6 March, 11.30am -1.30pm, [Feilding](#)**
4. **Wednesday, 8 March, 5.30 - 7.30pm, [Palm Nth](#)**
5. **Monday, 3 April, 6.30 - 8.30pm, [via ZOOM](#)**
6. **Monday, 15 May, 1.00 - 3.00pm, [Kauri HealthCare](#)**
7. **Wednesday, 21 June, 11.30am - 1.30pm, [Palm Nth](#)**
8. **Wednesday, 28 June, 6.30 - 8.30pm, [via ZOOM](#)**
9. **Wednesday, 23 August, 5.30 - 7.30pm, [Palm Nth](#)**
10. **Monday, 28 August, 11.30 am - 1.30pm, [Feilding](#)**
11. **Tuesday, 5 Sept, 1.00 - 3.00pm, [Kauri HealthCare](#)**
12. **Monday, 18 September, 6.30 - 8.30pm, [via ZOOM](#)**
13. **Monday, 16 October, 11.30am - 1.30pm, [Foxton](#)**
14. **Saturday, 28 October, 9.30- 11.30am, [Dannevirke](#)**
15. **Wednesday, 8 November, 5.30 - 7.30pm, [Palm Nth](#)**
16. **Tuesday, 14 November, 1.00 - 3.00pm, [Kauri HealthCare](#)**
17. **Saturday, 25 November, 9.30 - 11.30am, [Pahiatua](#)**
18. **Thursday, 7 Dec, 11.30am - 1.30pm, [Feilding & Zoom](#)**

REGISTER ONLINE OR COMPLETE THIS FORM

NAME:.....

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

PHONE:

EMAIL:

SUPPORT PERSON:

SESSION ATTENDING:.....

EMERGENCY CONTACT: Name & number:
.....