

## 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 25 March  
Venue confirmed on registration, **5.30pm—7.30pm**
- Levin**, Mon 8 April  
Horowhenua Health Centre, **5.30pm—7.30pm**
- via ZOOM**, Thurs 18 April  
Online, **6.30pm—8.30pm**
- Palmerston North**, Mon 10 June  
Venue confirmed on registration, **10am—12pm**
- via ZOOM**, Tues 25 June  
Online, **6.30pm—8.30pm**
- via ZOOM**, Tues 6 August  
Online, **6.30pm—8.30pm**
- Levin**, Thurs 15 August  
Horowhenua Health Centre, **10am—12pm**
- Palmerston North**, Tues 8 October  
The Palms Medical, **10am—12pm**
- Levin**, Mon 2 December  
Horowhenua Health Centre, **5.30pm—7.30pm**
- Palmerston North**, Thurs 5 December  
Venue confirmed on registration, **5.30pm—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  
Other Venues confirmed on registration, PN  
Horowhenua Health Centre: 62 Liverpool Street, Levin  
REAP rooms: 15 Gordon Street, Dannevirke  
ZOOM details to be provided on registration

## CONTACT US

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# CARBOHYDRATE AWARENESS for Diabetes

## “Take Action” FREE EDUCATION

### 2024

**ZOOM  
classes  
available**



MANAWATU HOROWHENUA  
TARARUA DIABETES TRUST

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# CARBOHYDRATE AWARENESS

2024\*

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 understanding 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**