

2020 Diabetes “Healthy Living” Course Programme

(Hot drink and a snack provided at all sessions)

Module 1

- What is diabetes?
- Your diabetes healthcare team & support services.
- Testing & understanding results.
- Medication & sick day management.
- Taking action with diabetes.

Module 2 (1hr. at venue, 1 hr. at supermarket or virtual supermarket tour at venue)

- What is healthy eating for diabetes?
- How to read food labels and select healthy foods.
- Making better choices at the supermarket.

Module 3

- Healthy foot care.
- Management of diabetes to prevent complications. (heart, kidney disease, nerve damage and eye conditions).
- Recognition and management of high and low blood glucose levels.
- Taking action with diabetes.

In order to gain the most from the healthy living series we encourage you to attend all 3 modules. WE LOOK FORWARD TO SEEING YOU THERE!

OTHER COURSES (Diabetes Education):

- **Carbohydrate Awareness**
- **Prediabetes Education**
- **Cooking Demonstration**
- **Type 1 Support**
- **Label Reading & Healthy Food Choices**

Contact us for more information



CONTACT US

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Facebook.com/MHTdiabetestrust/



DIABETES “TAKE ACTION” HEALTHY LIVING 2020

GET EDUCATED FREE

“Empowering you to manage your diabetes — leaving you more time to **LIVE LIFE**”



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Registration Form Healthy Living

Please complete this form and return it to PO Box 570, Palmerston North or register online

Name

Address

.....

Tel Nos(home)

.....(work)

.....(mob)

Email.....

Diabetes Type 1 2 2 on insulin

Year Diagnosed

Health provider.....

NHI: (if known).....

I/We will attend the following

Module	Venue	Date
Full Course
Module 1
Module 2
Module 3

Support person/s welcome to attend. Name/s:

.....

Emergency contact/Next of kin: Name & contact number:

.....

LOCATION	TIME	MODULE 1	MODULE 2	MODULE 3
Palmerston North—The Palms, 445 Ferguson Street	5.30pm-7.30pm	Tues 11 February	Tues 18 February	Tues 25 February
	9.30am-11.30am	Sat 7 March	Sat 14 March	Sat 21 March
	11.30am—1.30pm	Tues 19 May	Tues 26 May	Tues 2 June
	9.30am-1130am	Sat 1 August	Sat 8 August	Sat 15 August
	5.30pm-7.30pm	Tues 13 October	Tues 20 October	Tues 27 October
	5.30pm -7.30pm	Tues 17 November	Tues 24 November	Tues 1 December
Levin—Horowhenua Health Centre, 62 Liverpool St	5.30pm -7.30pm	Mon 17 February	Mon 24 February	Mon 2 March
	11.30am—1.30pm	Tues 12 May	Tues 19 May	Tues 26 May
	9.30am-11.30am	Sat 8 August	Sat 15 August	Sat 22 August
	5.30pm -7.30pm	Mon 16 November	Mon 23 November	Mon 30 November
Foxton—Te Waiora Community Health Services, 10 Ladys Mile	5.30pm-7.30pm	Wed 18 March	Wed 25 March	Wed 1 April
	11.00am-1.00pm	Tues 10 November	Tues 17 November	Tues 24 November
Otaki—Otaki Medical Centre, 2 Aotaki Street	11.30am—1.30pm	Wed 26 February	TUESDAY 3 March	Wed 11 March
	9.30am-11.30am	Sat 31 October	Sat 7 November	Sat 14 November
Feilding—Feilding Healthcare, 7 Duke Street	11.30am—1.30pm	Mon 23 March	Mon 30 March	Mon 6th April
	11.30am—1.30pm	Mon 15 June	Mon 22 June	Mon 29 June
	5.30pm -7.30pm	Tues 27 October	Tues 3 November	Tues 10 November
Dannevirke—REAP rooms, 15 Gordon Street	9.30am—11.30am	Sat 14 March	Sat 21 March	Sat 28 March
Pahiatua—Heartlands Services, 11 Mangahao Road	9.30am—11.30am	Sat 5 September	Sat 12 September	Sat 19 September

Himitangi, Woodville, Shannon & Eketehuna, Please Register your interest. Courses will be delivered according to consumer demand.