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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

2024



SESSION DATES:

- **Wed 24 Jan, 5.30pm—7.30pm, Palmerston North**
- **Mon 19 Feb, 1.00pm—3.00pm, Kauri HealthCare**
- **Mon 4 Mar, 11.30am—1.30pm, Feilding**
- **Wed 6 Mar, 5.30pm—7.30pm, Palmerston North**
- **Mon 8 Apr, 6.30pm—8.30pm, via ZOOM**
- **Tue 7 May, 1.00pm—3.00pm, Levin**
- **Tue 13 May, 1.00pm—3.00pm, Kauri HealthCare**
- **Wed 19 Jun, 11.30am—1.30pm, Palmerston North**
- **Wed 26 Jun, 6.30pm—8.30pm, via ZOOM**
- **Wed 25 Jul, 9.30am—11.30am, Otaki**
- **Wed 21 Aug, 5.30pm—7.30pm, Palmerston North**
- **Mon 26 Aug, 11.30am—1.30pm, Feilding**
- **Tues 3 Sept, 1.00pm—3.00pm, Kauri HealthCare**
- **Mon 16 Sept, 6.30pm—8.30pm, via ZOOM**
- **Mon 14 Oct, 11.30am—1.30pm, Foxton**
- **Sat 26 Oct, 9.30am—11.30am, Dannevirke**
- **Wed 6 Nov, 5.30pm—7.30pm, Palmerston North**
- **Tues 12 Nov, 1.00pm—3.00pm, Kauri HealthCare**
- **Sat 23 Nov, 9.30am—11.30am, Pahiatua**
- **Wed 27 Nov, 1.00pm—3.00pm, Levin**
- **Thurs 5 Dec, 11.30am—1.30pm, Feilding & via Zoom**

REGISTER ONLINE OR COMPLETE THIS FORM

NAME:.....

ADDRESS:.....
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PHONE:

EMAIL:

SUPPORT PERSON:

SESSION ATTENDING:.....

EMERGENCY CONTACT: Name & number:
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