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ZOOM classes available!

**JOIN OUR
DIETITIANS
FOR
LEARNING
ABOUT &
TASTING
HEALTHY
FOODS IN
THE
KITCHEN**

COOKING SERIES

for Diabetes & Prediabetes

“Take Action” FREE EDUCATION 2023

ALL SESSIONS APPROX 1.5 HOURS
Venue confirmed upon registration

- **Tuesday 7th March, 10:30A.M. - P.NTH SUPER FAST MEALS**
- **Thursday, 30 March, 5:30 PM - P.NTH & via ZOOM, SUPER FAST MEALS**
- **Saturday, 29 April, 9:30 AM - LEVIN SUPER FAST MEALS**
- **Thursday, 11 May, 11:00AM - EKETAHUNA WINTER WARMERS**
- **Thursday, 8 June, 11:00 AM - P.NTH & via ZOOM, WINTER WARMERS**
- **Thursday, 3 August, 11:00 AM - LEVIN WINTER WARMERS**
- **Thursday, 10 August, 11:00 AM - P.NTH SWEET TREATS**
- **Monday, 21 August, 10:00 AM BEST CARE WHAKAPAI HAUORA WINTER WARMERS**
- **Tuesday, 5 September, 5:30 PM - P.NTH & via ZOOM, SWEET TREATS**
- **Tuesday, 21 September, 11:00 AM - OTAKI BUDGET FRIENDLY MEALS**
- **Thursday, 19 October, 11:00 AM - P. NTH BUDGET FRIENDLY MEALS**
- **Saturday, 28 October, 9:30 AM - LEVIN and via ZOOM BUDGET FRIENDLY MEALS**
- **Monday, 13 November, 11:00AM - FEILDING SUMMER & FESTIVE EATS**
- **Thursday, 30 November, 5.30 PM - P.NTH SUMMER & FESTIVE EATS**
- **Monday 4 December, 10:00AM - DANNEVIRKE BUDGET FRIENDLY MEALS**

REGISTER ONLINE OR COMPLETE THIS FORM

NAME:.....

ADDRESS:.....
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PHONE:.....

EMAIL:.....

SUPPORT PERSON:.....

EMERGENCY CONTACT PERSON, Name & number:
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**PLEASE INDICATE THE DATE(S) & SESSION(S) YOU
WOULD LIKE TO ATTEND:**
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