



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

PREDIABETES “TAKE ACTION” Get Educated FREE

2020

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



SESSION DATES:

1. Tuesday 28th January, 5.30-7.30pm, **Palm Nth**
2. Saturday 29th February, 9.30 - 11.30 am, **Dannevirke**
3. Tuesday 3rd March, 5.30 - 7.30pm, **Palm Nth**
4. Monday 9th March, 11.30am - 1.30pm, **Feilding**
5. Monday 11th May, 11.30 am - 1.30pm, **Foxton**
6. Tuesday 23rd June, 11.30 am - 1.30pm, **Palm Nth**
7. Monday 10th August, 11.30 - 1.30pm, **Feilding**
8. Saturday 15th August, 9.30 - 11.30am, **Pahiatua**
9. Monday 7th September, 5.30 - 7.30pm, **Palm Nth**
10. Saturday 17th October, 9.30 - 11.30am, **Dannevirke**
11. Monday 19th October, 11.30am - 1.30pm, **Foxton**
12. Thursday 3rd December, 5.30 - 7.30pm, **Feilding**
13. Tuesday 8th December, 5.30 - 7.30pm, **Palm Nth**

REGISTER ONLINE OR COMPLETE THIS FORM

Prediabetes

NAME:.....

ADDRESS:.....

.....

PHONE:

EMAIL:

SUPPORT PERSON:

SESSION ATTENDING:.....

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

.....