

DIABETES & PREDIABETES “TAKE ACTION” Food Label Reading

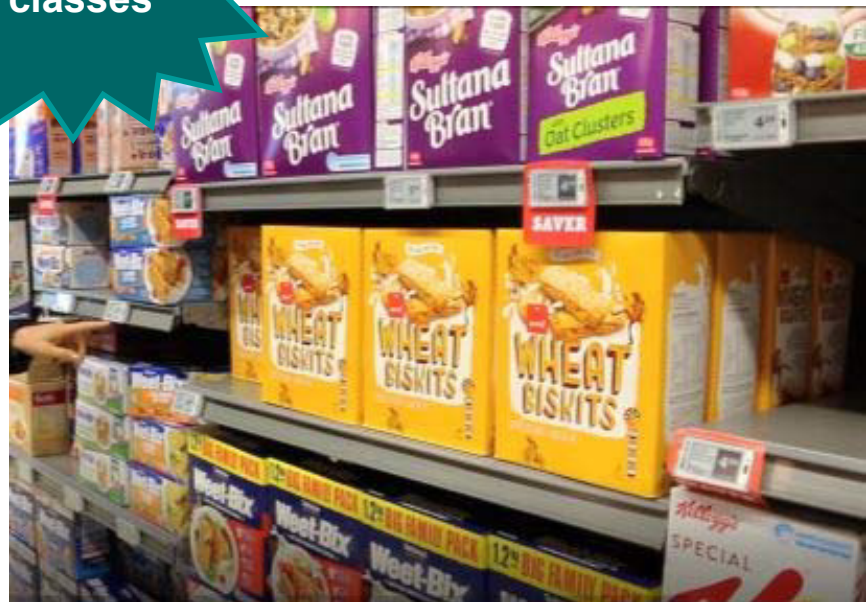
2021

NEW
ZOOM
classes



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Wondering what you can eat when you have Diabetes or Prediabetes? If so, these FREE interactive & informative sessions could be for you. Join us to learn more.



Venue: 200 Broadway Avenue
Palmerston North

SESSION DATES:

1. Tuesday 16th March
2. Wednesday 7th April via ZOOM
3. Tuesday 15th June
4. Monday 5th July via ZOOM
5. Monday 13th September
6. Thursday 23rd September via ZOOM
7. Tuesday 7th December

(All sessions held in Palmerston North OR via ZOOM and have the same content)
12 midday - 1.30pm

REGISTER ONLINE OR COMPLETE THIS FORM FOOD L/R

NAME:.....

ADDRESS:.....
.....

PHONE:

EMAIL:

SUPPORT PERSON:

SESSION ATTENDING:.....

EMERGENCY CONTACT/NEXT OF KIN: Name & contact number: