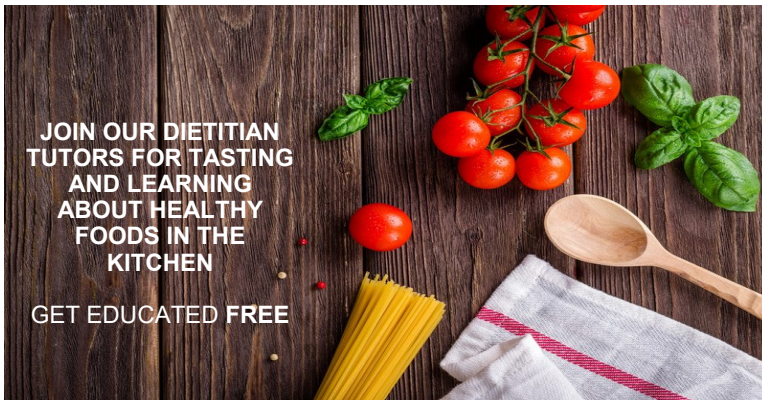




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DIABETES “TAKE ACTION” Cooking Series

2020



JOIN OUR DIETITIAN
TUTORS FOR TASTING
AND LEARNING
ABOUT HEALTHY
FOODS IN THE
KITCHEN
GET EDUCATED FREE

ALL SESSIONS APPROX 1.5—2 HRS
Venue confirmed upon registration

1. Monday 9th March, 5:30pm - **P.NTH**
HEALTHY LUNCHES
2. Thursday 23rd April, 11.00 A.M - **P.NTH**
HEALTHY LUNCHES
3. Saturday, 2nd May, 9.30 A.M - **LEVIN**
HEALTHY LUNCHES
4. Thursday 7th May, 11.00AM - **EKETAHUNA**
WINTER WARMERS
5. Thursday 25th June 11.00 A.M - **P.NTH**
WINTER WARMERS
6. Thursday 23rd July, 11.00 A.M - **FOXTON**
WINTER WARMERS
7. Thursday 13th August, 11.00 AM - **P.NTH**
SWEET TREATS
8. Monday 24th August, 10 A.M - **BEST CARE
WHAKAPAI HAUORA**
BUDGET MEALS
9. Tuesday 1st September, 5.30 PM - **P.NTH**
SWEET TREATS
10. Tuesday 22nd September 11.00 A.M - **OTAKI**
BUDGET MEALS
11. Thursday 15th October, 11.00 A.M - **P. NTH**
BUDGET MEALS
12. Saturday 31st October, 9.30 AM - **LEVIN**
BUDGET MEALS
13. Monday 23rd November, 11.00AM - **FEILDING**
SUMMER EATS
14. Tuesday 1st December, 5.30PM - **P.NTH**
SUMMER EATS
15. Monday 7th December, 10.00AM - **DANNEVIRKE**
SUMMER EATS

REGISTER ONLINE OR COMPLETE THIS FORM Cooking

NAME:.....

ADDRESS:.....

.....

PHONE:.....

EMAIL:.....

SUPPORT PERSON:.....

EMERGENCY CONTACT PERSON, Name & number:

.....

Please circle which session (s) you would like to attend

- | | | | | | | | |
|---|---|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| | 9 | 10 | 11 | 12 | 13 | 14 | 15 |