

DIABETES “TAKE ACTION” Food Label Reading

2020



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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 17th March
2. Tuesday 9th June
3. Monday 14th September
4. Tuesday 8th December

(All sessions held in Palmerston
North 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: