



PREDIABETES “TAKE ACTION” Get Educated

**NEW
ZOOM
classes**

**FREE
2021**

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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

SESSION DATES:

1. Wednesday 27th January, 5.30-7.30pm, Palm Nth
2. Tuesday 2nd March, 5.30 - 7.30pm, Palm Nth
3. Monday 8th March, 11.30am -1.30pm, Feilding
4. Monday 12th April, 6.30 - 8.30pm via ZOOM
5. Saturday 8th May, 9.30 - 11.30am, Dannevirke
6. Monday 17th May, 11.30 am - 1.30pm, Foxton
7. Tuesday 24th June, 11.30 am -1.30pm, Palm Nth
8. Wednesday 7th July, 6.30 - 8.30pm via ZOOM
9. Monday 30th August, 11.30 am – 1.30pm, Feilding
10. Tuesday 7th September, 5.30 - 7.30pm, Palm Nth
11. Monday 27th September, 6.30 - 8.30pm via ZOOM
12. Monday 18th October , 11.30am - 1.30pm, Foxton
13. Saturday 30th October, 9.30- 11.30am, Dannevirke
14. Saturday 27th November, 9.30 - 11.30am, Pahiatua
15. Thursday 2nd December, 5.30 - 7.30pm, Feilding
16. Wednesday 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: