

# DIABETES “TAKE ACTION” Food Label Reading

2019



PO BOX 570  
HEALTH ON MAIN  
575 MAIN STREET,  
PALMERSTON NORTH 4410  
Ph 06 357 5992 Fax 063575993  
admin@diabetestrust.org.nz  
www.diabetestrust.org.nz  
Facebook.com/MHTdiabetestrust/

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 confirmed upon registration

## SESSION DATES:

1. Tuesday 12th March
2. Tuesday 4th June
3. Monday 16th September
4. Tuesday 3rd 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:.....