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DIABETES “TAKE ACTION” Cooking Series

2019



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

1. Thurs 21st March 5:30—7:30 P.M - **P.NTH**
LOW FUSS MEALS
2. Monday 15th April 11.00 A.M —1.00 P.M - **P.NTH**
LOW FUSS MEALS
3. Saturday, 4th May 9.30-11.30 A.M - **LEVIN**
LOW FUSS MEALS
4. Tuesday, 21st May 5:30—7:30 P.M - **P.NTH**
WINTER WARMERS
5. Monday, 17th June 11.00 A.M— 1.00 P.M - **P.NTH**
WINTER WARMERS
6. Monday 5th August, 11.00 A.M—1.00 P.M -
P.NTH
SWEET TREATS
7. Tuesday, 3rd September, 5:30—7:30 P.M -
P.NTH
SWEET TREATS
8. Thursday 24th October 11.00 A.M—1.00 P.M -
FEILDING
SWEET TREATS
9. Monday 4th November 11:00 A.M—1.00 P.M -
P.NTH
FESTIVE FOOD
10. Saturday, 23rd November 9.30 A.M —11.30 A.M -
LEVIN
FESTIVE FOOD
11. Tuesday 10th December 5.30--7.30PM -
P. NTH
FESTIVE FOOD

REGISTER ONLINE OR COMPLETE THIS FORM Cooking

NAME:

ADDRESS:

PHONE:

EMAIL:

SUPPORT PERSON:

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

1 2 3 4 5 6 7 8
9 10 11