

## 2019 Diabetes “Healthy Living” Course Programme

### Module 1 (tea/coffee & a snack provided)

- What is diabetes?
- Your diabetes healthcare team & support services.
- Testing & understanding results.
- Medication & sick day management.
- Taking action with diabetes.

### Module 2 (at venue & then a supermarket tour with dietitian– no refreshments provided)

- What is healthy eating for diabetes?
- How to read food labels and select healthy foods.
- Making better choices at the supermarket.

### Module 3 (tea/coffee & a snack provided)

- Healthy foot care.
- Management of diabetes to prevent complications. (heart, kidney disease, nerve damage and eye conditions).
- Recognition and management of high and low blood glucose levels.
- Taking action with diabetes.

In order to gain the most from the healthy living series we encourage you to attend all 3 modules.

#### OTHER COURSES (Diabetes Education):

- **Carbohydrate Awareness**
- **Prediabetes Education**
- **Cooking Demonstration**
- **Type 1 Support**
- **Label Reading & Healthy Food Choices**

*Contact us for more information*



## CONTACT US

Phone: 06 357 5992

Fax: 06 357 5993

[admin@diabetestrust.org.nz](mailto:admin@diabetestrust.org.nz)

PO BOX 570  
HEALTH ON MAIN  
575 MAIN STREET,  
PALMERSTON NORTH 4410

[www.diabetestrust.org.nz](http://www.diabetestrust.org.nz)

[Facebook.com/MHTdiabetestrust/](https://www.facebook.com/MHTdiabetestrust/)



# DIABETES “TAKE ACTION” HEALTHY LIVING 2019

GET EDUCATED FREE

“Empowering you to manage your diabetes —leaving you more time to **LIVE LIFE.**”



MANAWATU HOROWHENUA  
TARARUA DIABETES TRUST

Phone: 06 357 5992

Fax: 06 357 5993

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## Registration Form Healthy Living

Please complete this form and return it to PO Box 570, Palmerston North or register online

Name .....

Address .....

Tel Nos .....(home)

.....(work)

.....(mob)

Email.....

Diabetes Type 1 2 2 on insulin

Year Diagnosed .....

Health provider.....

NHI: (if known).....

I/We will attend the following

Module	Venue	Date
Full Course	.....	.....
Module 1	.....	.....
Module 2	.....	.....
Module 3	.....	.....

Support person/s welcome to attend. Name/s:

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LOCATION	TIME	MODULE 1	MODULE 2	MODULE 3
Palmerston North—The Palms, 445 Ferguson Street	5.30pm-7.30pm	Tues 12 February	Tues 19 February	Tues 26 February
	9.30am-11.30am	Sat 9 March	Sat 16 March	Sat 23 March
	11.30am—1.30pm	Tues 21 May	Tues 28 May	Tues 4 June
	9.30am-1130am	Sat 3 August	Sat 10 August	Sat 17 August
	5.30pm-7.30pm	Tues 15 October	Tues 22 October	Tues 29 October
	5.30pm -7.30pm	Tues 19 November	Tues 26 November	Tues 3 December
Levin—Horowhenua Health Centre, 62 Liverpool St	5.30pm -7.30pm	Mon 11 February	Mon 18 February	Mon 25 February
	11.30am—1.30pm	Tues 7 May	Tues 14 May	Tues 21 May
	9.30am-11.30am	Sat 10 August	Sat 17 August	Sat 24 August
	5.30pm -7.30pm	Mon 25 November	Mon 2 December	Mon 9 Dec
Foxton—Te Waiora Community Health Services, 10 Ladys Mile	5.30pm-7.30pm	Wed 6 March	Wed 13 March	Wed 20 March
	11.00am-1.00pm	Tues 12 November	Tues 19 November	Tues 26 November
Otaki—Otaki Medical Centre, 2 Aotaki Street	11.30am—1.30pm	Tues 26 February	Tues 5 March	Tues 12 March
	9.30am-11.30am	Sat 2 November	Sat 9 November	Sat 16 November
Feilding—Feilding Healthcare, 7 Duke Street	11.30am—1.30pm	Mon 25 March	Mon 1 April	Mon 8th April
	11.30am—1.30pm	Mon 17 June	Mon 24 June	Mon 1 July
	5.30pm -7.30pm	Mon 14 October	Mon 21 October	<b>TUESDAY 29</b> October
Dannevirke—REAP rooms, 15 Gordon Street	9.30am—11.30am	Sat 23 March	Sat 30 March	Sat 6 April
Pahiatua—Heartlands Services, 11 Mangahau Road	9.30am—11.30am	Sat 7 September	Sat 14 September	Sat 21 September
Himitangi, Woodville, Shannon & Eketehuna, Please Register your interest. Courses will be delivered according to consumer demand.				