Please complete this REGISTRATION FORM

CARBOHYDRATE AWARENESS
This Course is FREE and recommended for people with diabetes.
Please TICK the date you wish to attend:

- Palmerston North, 25th March 2019
  The Palms Medical Centre 5:30-7:30PM

- Levin, 11th April 2019
  Horowhenua Health Centre 5:30-7:30PM

- Palmerston North, 13th May 2019
  Health on Main 10AM-12PM

- Levin, 30th July 2019
  Horowhenua Health Centre 10AM-12PM

- Palmerston North, 15th August 2019
  The Palms Medical Centre 5:30-7:30PM

- Feilding, 19th September 2019
  Feilding Health Care 10AM-12PM

- Palmerston North, 15th October 2019
  Health on Main 10AM-12PM

- Levin, 12th November 2019
  Horowhenua Health Centre 5:30-7:30PM

VENUES
The Palms Medical Centre: 445 Ferguson Street, PN
Health on Main: 575 Main Street, PN
Horowhenua Health Centre: 62 Liverpool Street, Levin
Feilding Health Care: 7 Duke Street, Feilding

NAME: _______________________________________
Address:______________________________________
Telephone:_______________Email ________________
Support Person:________________________________

CONTACT US
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DIABETES “TAKE ACTION” Carbohydrate Awareness 2019
CARBOHYDRATE AWARENESS
2019*

Do you have diabetes and sometimes struggle to manage your blood glucose levels? Do you wonder what you should be eating?

Or, are you a support person confused with what foods to prepare for your loved-one with diabetes?

IF SO, THIS COURSE IS FOR YOU.

The amount and type of carbohydrate you eat affects your blood glucose levels.
A basic awareness of your carbohydrate intake can help you better manage your diabetes and health.

*For people newly diagnosed with diabetes, we recommend you first attend our “Healthy Living” course for a basic understand of diabetes and healthy eating.

Our CARBOHYDRATE AWARENESS COURSE will:

HELP you understand what carbohydrate foods are and how they affect your blood glucose levels.

TEACH you how to measure the amount of carbohydrate you eat.

SHOW you how to read labels for carbohydrate quantity AND quality.

INFORM you about Glycaemic Index and its potential role in blood glucose control.

PROVIDE you with resources and information about how to learn more.

Light refreshments provided.

CHECK OUT OUR OTHER COURSES:

Healthy Living Course
Learn all about how to manage your diabetes in this 3 module course.

Cooking Classes
Discuss and taste new recipe ideas.

Type 1 Support Courses
held on a variety of topics specific to people with Type 1 Diabetes.

Healthy Eating and Label Reading
learn the basics about what to look for when choosing foods and planning meals.

Courses are held year round throughout Manawatu, Horowhenua & Tararua

FOR MORE INFORMATION:

Please phone 06 357 5992 or Email: admin@diabetestrust.org.nz