

Take Control of Type 2 Diabetes (mate huka)

Please join us for a 2-day Diabetes Hui with practical information on:

What is Diabetes and how do I avoid, or manage it?
And we'll have some fun getting active and learning about food.



Together, we'll walk the path of keeping well with Diabetes

When: Tuesday June 22nd & 29th

Where: Te Awhina Marae, Motueka

And it's FREE!

Bookings are essential so please contact:-

Madhu O'Brien - Phone: (03) 528 6061

Email: tammotueka@yahoo.co.nz





Timetable

Tuesday June 22nd

9.30am	Powhiri
10am	Whanaungatanga, programme and personal expectations Presentation: What is Diabetes
11.30am	DVD Tamiti's Story – Finding the motivation to change
12noon	LUNCH (provided)
12.30pm	Presentation and discussion: Managing healthy food choices at home, hui or hākari
1.50-2pm	Review of the day and discuss expectations

Tuesday June 29th

9.30am	Karakia Presentation: The good and the bad story about cholesterol
10.am	Have some fun and get active with traditional games and activities including: Growing and gathering kai, poi dance, kapa haka, Tai Chi, pedometers & the gym - what's your choice?
10.45am	Presentation and discussion: Traditional foods, shopping for food & understanding food labels
12.15 pm	LUNCH (provided)
12.45pm	Discussion: 'Staying well with Diabetes' – what else do you need? Examples could be: <ul style="list-style-type: none">- Aukati Kaipaipa / Quit Smoking- Whanau Ora support- Kaupapa Mental Health Support or Counseling- Kai-moana & gardening group- Support to get active
2pm	Karakia

We welcome all people and will look forward to you joining us at:

Te Awhina Marae, 133 Pah Road, Motueka