



diabetes
new zealand

Healthy Eating for Diabetes Exploring the Options

SATURDAY 10 APRIL
9:30 AM TO 4:30 PM
\$25 | LUNCH INCLUDED
NOVOTEL ROTORUA LAKESIDE

Please join us to learn more about:

- Cultural perspectives for Māori and Pacific peoples
- National Healthy Eating Guidelines
- The ketogenic diet
- The Mediterranean diet
- Eating plant-based
- The low carb approach

**Speakers include Ngamaru Raerino, Sarah Hancock,
Kathy Knight and Kate Walker**

FIND OUT MORE!

WWW.DIABETES.ORG.NZ/EATHEALTHY

