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## HELPFUL

I enjoyed every bit of it. Very helpful information. I feel comfortable moving forward. **Arataki.**

## REWARDING

It was incredibly rewarding, gaining priceless knowledge that significantly improved my health. The delivery and content were excellent. **Papamoa**

## ESSENTIAL

Absolutely awesome!  
Every person with diabetes should attend. **Tauranga**

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## Ready to Begin?

Scan the QR code and register now.



## WHY JOIN



Expert guidance from healthcare professionals.



Connect with people on a similar journey.



The sessions are interactive and fun.



Tailored info for effective self-management.

## Contact

selfmanagement@wboppho.org.nz  
(07) 571 7729  
www.wboppho.org.nz

### Wellness Diabetes

**Self-Management Groups** are offered and funded by the **Western Bay of Plenty Primary Health Organisation.**



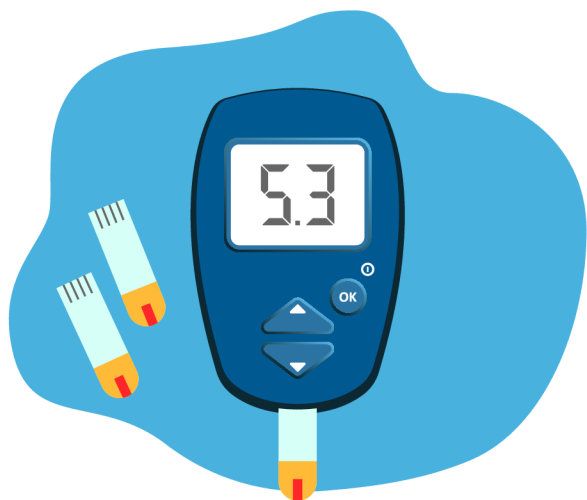
Western Bay of Plenty  
Primary Health Organisation

TŌNGIA TE URURUA KIA TUPU  
WHAKARITORITO TE TUPU  
O TE HARAKEKE

# Let's talk diabetes

Join one of our free  
**Self-Management  
Groups** to get your  
health on track!





## HAVE YOU BEEN DIAGNOSED WITH TYPE 2 DIABETES?

The FREE Wellness Diabetes Self-Management Groups are the perfect opportunity to learn and connect with others facing similar health challenges.

## HOW IT WORKS

### SESSION OPTIONS

- Morning or afternoon sessions over two weeks.
- Evening courses over five weeks via Zoom.
- Available in Tauranga South, Mount Maunganui, Te Puke, Pāpāmoa, Katikati, and via Zoom.

### GROUP DYNAMICS

- Led by a registered Nutritionist/Dietitian supported by a diabetes nurse, pharmacist, Sport Bay of Plenty and Diabetes NZ.
- 5-10 people per group.
- Support person welcome.

**Join today!**

Scan the QR code and register now.



## WHAT YOU WILL LEARN

WHAT IS DIABETES?

THE VALUE OF  
PHYSICAL ACTIVITY

HEALTHY EATING  
WITH DIABETES

MEDICATIONS

DIABETES COMPLICATIONS  
AND TRAVEL TIPS

THE EFFECT OF STRESS  
AND SLEEP ON DIABETES

GOAL SETTING AND  
SELF-MANAGEMENT