

celebrate EATING

nourish your health

WHEN: Tuesday 16th July (6-7:30pm)

WHERE: Tawa Community Centre

COST: There is none! It's completely free!

WHAT TO BRING: Your appetite,
your enthusiasm, and an open mind!



ARE YOU...

- *Confused about what to eat?*
- *Tired of fad diets and restricting your meals?*
- *Want to enjoy eating and feel healthy?*

THEN COME ON DOWN TO...

- *Tawa Community Centre for a completely free nutrition seminar!*
- *Hosted by Kate Hall, NP, and Sharmila Dias, GP.*

YOU WILL BE ABLE TO...

- *Learn about the latest nutrition research,*
- *Sample our delicious home-made dishes,*
- *Be inspired by our cheap, easy-to-make recipes,*
- *And we can check your sugar and cholesterol blood tests now and in 3 months so you can see your own improvements!*

Check out our website for more details and RSVP at reception!

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There is so much misinformation about food and so many of us go from one fad diet to the next...all circling us back to where we started.

BUT WE'RE HERE TO HELP YOU! TUESDAY 16TH JULY,
Join us for a COMPLETEY FREE community event on: FROM 6-7.30PM, AT TAWA
COMMUNITY CENTRE.

- Hosted by Kate Hall, NP, and Sharmila Dias, GP, we will share with you validated research in nutrition and health.
- We will be bringing in a variety of our own delicious home-made dishes for you to sample and we hope to inspire you on your own nutrition journey with our yummy recipes!
- We are also offering to check your blood sugar and cholesterol levels now and in 3 months time to monitor your progress.
- We will also conduct another FREE seminar after 3 months where you will have the opportunity to discuss your nutrition journey with Kate and Sharmila.
- This event is open to all patients of Tawa Medical Centre and Linden Surgery but numbers are limited so registration is essential!
- Please add your name and contact number to the list at Tawa Medical Centre reception desk or email us at admin@tawamedical.co.nz and put 'NUTRITION' in the subject line.
- We will send you a confirmation text and also generate a blood test form for your blood sugar (HbA1c) and lipid profile for you to do before the seminar. If you would prefer not to have a blood test, then please let us know on the registration list or on your email.
- We hope you will join us to improve your nourishment and feel better!