



**FREE** *Living Well Cooking Show*  
**EAT WELL – STAY WELL**  
*With Celebrity Chef Jax Hamilton*

This FREE Living Well Cooking Show is open to people with all types of diabetes and other related health conditions e.g. heart/coeliac disease and the general public. Jax will be cooking from scratch delicious, easy, healthy meals and speaking about food flavours and the benefits of growing our own food.

**Date:** Thursday, 2nd November 2017  
**Time:** 7.30 p.m.  
**Venue:** TSB Showplace Theatre Royal  
92 -100 Devon Street West  
New Plymouth

*Celebrity Chef Jax Hamilton*



**diabetes**  
new zealand

To register or for further information contact:  
Diabetes NZ Taranaki Area Branch, Phone: 06 758 7873, Email: [diabetesnztab@xtra.co.nz](mailto:diabetesnztab@xtra.co.nz)