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## Save the Date

*Saturday 15th October 2022*

Kia ora whānau,

After a few years of online AGMs, we are pleased to announce the 2022 AGM will be kanohi ki te kanohi! The AGM will be held at Nukuhau Marae, Taupō, 10am, Saturday 15th October, 2022.

We are really excited to share in whanaungatanga again so please lock in this date! The agenda and more information will be sent out once confirmed.

## Type 2 Diabetes?

We have recently been working with Dr Glen Davies (New Zealand GP of the Year 2021) to participate in a pilot programme for the reversal of Type 2 Diabetes through diet and health coaching. Dr Davies has been taking patients through metabolic therapy for the past few years in Taupō, and has successfully reversed over 150 cases of Type 2 Diabetes.

Through Reversal NZ (lifestyle medicine clinic), these learnings have now been developed into a pilot programme, exclusively offered to our members. All participant records will be kept confidential (with Reversal NZ) and this is a unique opportunity to improve your health with a safe and guided approach.

The 1-year programme consists of the following:

- Investigative testing and diagnosis from Dr Davies
- Personalised programme / treatment plan
- Health Coaching Sessions and Shared Medical Appointments (approximately 10 sessions over the year)
- Support networks
- Nutritional resources (food plan, recipes, meal guide)

The programme can work alongside prescription medicine but looks to implement lifestyle change through whole foods and metabolic therapy. This Metabolic Health Pilot Programme will be fully funded by Te Pae o Waimiha.

There are 15 spots available, if you would like to be considered for the programme please email [admin@heakina.co.nz](mailto:admin@heakina.co.nz) with your name and contact details for someone to call you back. Please note the following criteria:

- Must be a registered Te Pae o Waimihia member over the age of 18 years (preference will be given to members living in New Zealand).
- Have been diagnosed with Type 2 Diabetes (or pre-diabetic).
- Have access to internet (for zoom)
- A willingness to change diet and / or lifestyle



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