



2018 YOUR HEALTH MATTERS CALENDAR

- ORDER FORM -

To order, please complete the form and mail with cheque payable to

NATIONAL ABORIGINAL DIABETES ASSOCIATION

103 - 90 Garry Street, Winnipeg, MB R3C 4H1

This year's "Your Health Matters" Calendar is a product of partnership between the National Aboriginal Diabetes Association and the Aboriginal Nutrition Network of the Dietitians of Canada.

The National Aboriginal Diabetes Association, the Aboriginal Nutrition Network of the Dietitians of Canada, and 12 Indigenous Dietitians have come together to share their stories and recipes to help community members learn more about the fields of dietetics and nutrition, and about healthy eating generally. Each month features a Registered Dietitian who shares something about themselves along with a recipe related to traditional/original foods.

This calendar:

- Showcases First Nations and Métis Dietitians and students as a means of bringing more attention to the fields of Indigenous nutrition and holistic living.
- Can be used as a resource to encourage First Nations, Inuit and Métis peoples to pursue a career in nutrition or dietetics.
- Shares recipes based on traditional/original teachings and encourages consumption of traditional/original foods.

YOUR HEALTH MATTERS 2018 CALENDAR



As with previous NADA calendars, each day on the calendar has three spots to record blood sugar levels if you are a person living with diabetes and conducting regular tests. Self-testing your blood sugar (blood glucose) can be an important tool in managing your treatment plan and preventing long-term complications of diabetes.



Proceeds from the sale of calendars will go towards funding nutrition and traditional foods-related initiatives with NADA and partners.

QUANTITY:	NAME:	TITLE:
10 CALENDARS \$80 <input type="checkbox"/>	<hr/>	
25 CALENDARS \$185 <input type="checkbox"/>	ORGANIZATION:	
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50 CALENDARS \$300 <input type="checkbox"/>	ADDRESS:	CITY/TOWN:
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	PROVINCE/TERRITORY:	POSTAL CODE:
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