

Kohewhata Marae Hauora Day

Wednesday 22nd May 2013

9am Powhiri - 2pm finish

Kohewhata Marae,
Mangakahia Rd, Kaikohe

*‘Kia Pai te Haa o te Tangata’
‘People Breathe Easier’*

*A very special Community Health and Wellbeing event
to help prepare all our Whanau for Winter*



Information stands, demonstrations, testing, hands on, practical learning...

Asthma Society Northland/NZ Asthma Foundation - Balloon day.

Asthma Education: trigger and filter plants, demonstrations.

Kumarahou & Rongoa korero. Ear Clinic. Healthy Homes.

Dental Hygiene. Blowing paint art. Kapahaka, poi, waiata.

Waka ama/korikori tinana. Mau Rakau – traditional exercises

Blowing up balloons. Rides on Thomas the tank engine.

Whooping cough/skin infections/rheumatic fever.

Cardiac Resuscitation Unit - Kaikohe St Johns.

How to read food labels for better health.

Counselling & family violence.

Wahine Health Smear testing will be available.

Smokefree & Healthy Hearts. Rongoa & Mirimiri.

Youth sexual health. Traditional Maori wind instruments.

Learn recycled arts & craft/indoor winter activities for children.

Koha at powhiri. Please bring something healthy for shared kai.

All Welcome - Nau mai, Haere mai!

Contact: Kataraina Harawira –09 405 2227