

**Kohewhata Marae Hauora Day:**  
**‘Kia Pai te Haa o te Tangata’ ‘People Breath Easier’**  
 Date: 22<sup>nd</sup> May 2013 Venue: Kohewhata Marae, Mangakahia Rd, Kaikohe

9am: Powhiri, Mihimihi & History – koha collected at the powhiri will go to the marae for the event. All participants are also asked to bring healthy kai to share at morning tea and lunch.

- Speaker: Tohe Ashby – Traditional perspectives on the breath of life Te Haa, Hongi and Karanga.
- Rhonda Zeilenski M.C. Balloons: *‘1 in 4 children with asthma cannot blow up a balloon’* Join together on the marae atea to blow up balloons - photo opportunity. This will open our day.

10.15: Kapu ti - morning tea

10.45: Activities: information stands, demonstrations, hands on..... Visit four stalls relevant to your age - pronounce and tick the Maori word go into the Prize draw.

Broadway Health - Taringa	Ear clinic
Lions Club - Tamihana	Thomas train blow & take your balloon for ride
SKIP programme - Peita	Blowing art – paint, blowing up balloons
Kaikohe St John’s	Cardiac Resuscitation Unit. Membership, ambulance service...
Geneva Hildreth - Kai	Healthy Eating
Hospice - <i>Turoro</i>	Service information
Public Health Nurses Rhonda Zielinski - Maremare	Whooping cough, skin infections, rheumatic fever in our communities
Paul & Wally – Korikori tinana	Mau Rakau – traditional exercises/korikori tinana
Northland DHB - Clayton Wikaira – <i>Waka</i>	Waka ama – korikori tinana
Hokianga Health – <i>Kai ora</i>	How to read food labels for better health, exercises – working out how much <i>you</i> need to do each day
Northland DHB – Dental hygiene - <i>Niho</i>	Dental Hygiene
Tane Thomas Kura kaupapa Maori o Whirinaki - <i>Taonga Puoro</i>	Traditional Maori instruments
Kaikohe PHN - <i>Rangatahi</i>	Youth sexual health
Hau ora Whanui - <i>Auahikore &amp; Ngakau</i>	Smokefree & Healthy Hearts
Melani Dalziel - <i>Kainga`</i>	Healthy Homes
Kristina Jackson - <i>Rongoa</i>	Rongoa & Mirimiri ringaringa
Kaikohe Christian School Tania Williams - <i>Poi</i>	Kapahaka, poi, waiata ( Encouraging reo and pronunciation)
Lorna Smeeth Reg.Nurse TTPHO - <i>Wahine</i>	Wahine Health – Smears will also be available
Te Hau Ora o Kaikohe – Family Start - <i>Tamariki</i>	Indoor winter activities for children creative and recycling
Tu Kotahi Trust Kaikohe - Mike & Penny Norman - <i>Whanau</i>	Counselling & family violence
Tohe Ashby - <i>Kumarahou</i>	Rongoa – Kumarahou korero
Kataraina/Teremoana – <i>Rakau</i>	Trigger plants and trees/filtering plants for indoors
Pearl Flavell - <i>Papu</i>	Correct use of inhalers, spacers etc. demonstrations
Teremoana	Evaluation Board

12.30pm: Please bring healthy food to share

01.30pm: Speaker to wrap up our day - Clayton Wikaira. 02.00pm: Finish

For further information: Kataraina Harawira – 09 405 2227