

Awarua Social & Health Services

190 Forth Street, Invercargill – Telephone (03) 218 6668

Waiora o te Ra/Health Day

Te Rau Aroha Marae

Cnr Henderson & Elizabeth Streets

8 September 2010

10.00am – 2.00pm

Nau Mai Haere Mai



Promoting fitness and mobility



Advice about regular blood pressure checks and good diet



Ways to better manage asthma and diabetes



Healthy eating for the Whanau



Tamariki/children's health



Wahine/women's health

Awarua Social & Health Services – our commitment to Oranga Whanau