

# HAPAI HAUORA

## SELF MANAGEMENT COURSE

**Hapai Hauora Wellness Course is a free fun, interactive, group course, teaching different methods for managing a variety of health conditions and guarantees you, giggles and kai.**



For more information please contact  
our course facilitators

Sally McPhee

Ph (04) 902 7095 Cell (027) 434 9206

Wendy Smith

Ph (04) 902 7095 Cell (027) 278 3900

Monday - Friday 8.30am to 4.30pm  
or leave a message after hours

HORA TE PAI



HEALTH SERVICES

# COURSE

The course teaches different methods for managing a variety of health conditions and guarantees you, giggles and kai. Hapai Hauora runs for 6 weeks every Monday from 10am to 12:30pm.

## The course covers:

Hauoratanga, Healthy Eating  
Taha Tinana, Weight Management  
Hinengaro, Dealing with Depression  
Hā ki roto, Better Breathing  
Making Informed Treatment Decisions  
Medication Usage  
Communication Skills  
Pain and Fatigue Management  
Making Decisions  
Preventing Falls  
Dealing with Difficult Emotions  
Problem Solving  
Getting a Good Nights Sleep  
Future Plans  
Safe exercise for improving flexibility,  
endurance & strength

This course is for people aged 18 or over with a long term health condition such as, mental health, diabetes, heart disease, asthma, arthritis.  
Transport is available on request.

For more information please contact  
our course facilitators  
Sally McPhee  
Ph (04) 902 7095 Cell (027) 434 9206  
Wendy Smith  
Ph (04) 902 7095 Cell (027) 278 3900  
Monday - Friday 8.30am to 4.30pm  
or leave a message after hours

HORA TE PAI



HEALTH SERVICES