

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 facilitator:
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.

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