



Nga Kete Hauora

Parent Workshop Series 2012 MANAIA

Fill your basket with the knowledge and skills to keep your whanau healthy.

Come along for a relaxed and fun information session and meet other parents.

FOUR interactive sessions with Jean Hikaka, Kaimahi, Tui Ora Limited.

FREE!

Free Giveaways

Free Kai Provided

Learn to make affordable and healthy food

**10am - 12pm Nga Ruahine Iwi Health Service
16 Taurang-a-ika Street, Manaia**

- **Wednesday 9th May**
Te Kete Kai Totika - Nutrition and Food
"What IS healthy kai anyway?"
- **Wednesday 16th May**
Te Kete Whanonga - Behaviour
Healthy eating behaviours for you and your family.
- **Wednesday 23rd May**
Te Kete Putea - Budgeting
Budgeting advice for your family.
- **Wednesday 30th May**
Te Kete Tao - Cooking Lesson
Learn how to cook simple, affordable healthy meals for your family.



WHY NOT REGISTER FOR A FRIEND AS WELL?

Family friendly event.

Children welcome however parental supervision will be required.

**TO REGISTER TEXT,
PHONE OR EMAIL**

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Taranaki Together, a Healthy Community
Taranaki Whanui He Rohe Oranga