

# HAPŪ WĀNANGA

Māori pregnancy, childbirth and parenting programme



This interactive forum includes:

- Pregnancy, childbirth & parenting info
- Traditional Māori birth practices, pūrākau & karakia
- On completion, receive a pēpi pack full of goodies and a choice of wahakura or pēpi pod
- No cost, kai provided
- Transport available

NEXT HAPŪ WĀNANGA IN WAIRAU:

2nd & 3rd May 2019

1st & 2nd August 2019

FOR: Hapū wāhine & support whānau

Gestation between 20-36 weeks

2-day event, from 9am - 3pm

LIMITED SPACES - REGISTER NOW!

Ask your LMC/health professional to refer you or register your interest directly by contacting: Fliss on Ph/txt: 022 014 1804 [felicity.spencer@nmdhb.govt.nz](mailto:felicity.spencer@nmdhb.govt.nz)