

Kia ora - E te iwi

This is a kaupapa Māori, Cancer Support Programme. For Māori, by Māori!!

Nau mai, haere mai

Parerarua, Wairau Bar Rd

Saturday 16th Feb 8:30am (powhiri) - 3pm & Sun 17th Feb 9am – 3pm
Kai will be provided both days & we can assist with transport needs

What can you expect to learn?

- To build connections and share your journeys with other whānau in a safe environment
- Dispel myths around causes and treatments of cancer
- Learn the importance of early detection
- Understand cancer, different treatment options including Rongoa
- Learn tools to better look after yourself when you are supporting whānau with cancer
- Nutrition, relaxation techniques and the importance of rest
- Learn about support services and your entitlements and rights

Guest Speakers:

We are very fortunate to have specialists in oncology, pharmaceuticals and Rongoa who would love to take the time to talk with you all and answer your questions. Representatives of the Cancer Society will also be available to inform you on their free services.

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Contact us to book your place: lyn.bird@thonr.org / sandra.evers@thonr.org
Phone: 03 5778404