



We care
about your
wellbeing

Our wellbeing services work with you to provide practical support to help you understand and improve your health and wellbeing needs. It's FREE!

Health Coaches (HCs) support you to gain the knowledge, skills and confidence to become informed and active in your health:

- 🍃 Lifestyle skills and planning
- 🍃 Healthy eating and exercise
- 🍃 Mental wellbeing and support
- 🍃 Feeling stuck in life
- 🍃 Communicating with your doctor, nurse or health professionals
- 🍃 Learning about health conditions such as diabetes and high blood pressure
- 🍃 Connections to further support such as group mental health services, smoking cessation and community support

What to expect:

- 🍃 Each session/korero is about 15-20 minutes
- 🍃 Whānau and loved ones are welcome to be involved
- 🍃 Together we will come up with practical plan and strategies to get you moving in the right direction
- 🍃 In-person, phone or video consults
- 🍃 Free and confidential discussions

Make an appointment with our Health Coach today!