



Tui Ora^{LTD}
Let Unity Prevail

Pāhake Programme



*He mata p hake, he mata ora,
Nui te k rero, nui ng pukenga
The faces of our elders are windows of
experience, a mirror image of oneself*

Tui Ora is a health and social services organisation.

Enhancing whānau health and wellbeing is our vision. Our services cover all age groups and all populations, throughout Taranaki.



www.tuiora.co.nz

The Pāhake Programme provides support, guidance and education to enable positive aging and improve the health and wellbeing of participants.

Delivered from a Māori world perspective, learning is enriched through Māori protocols, customs and practices. The day programme includes participation in cultural events, seminars, workshops, health education sessions and other activities that address the needs of participants.

It is open to all seniors, aged over 55. The programme is run in Pātea, New Plymouth and Waitara with other groups and activities happening throughout Taranaki.

*Respect and nurture them
lest they be lost forever*

For further information contact:

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Our services are free, confidential and responsive. See our website www.tuiora.co.nz for further information.



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