



Tui Ora^{LTD}
Let Unity Prevail

Physical Health and Outcomes Programme



*Exploring wellness
through physical health*

Tui Ora is a health and social services provider.

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



www.tuiora.co.nz

Our service offers a range of physical fitness and wellness programmes for tangata whai ora. They are varied and may include tailored gym sessions, walking and sports groups, swimming and outdoor activities.

Before starting gym programmes we work with individuals to design a wellness plan.

People are supported to set and reach goals such as:

- Fitness improvement
- Smoking reduction
- Healthy eating
- Weight management
- Improved sleep patterns

They are fun and social - a way to increase energy and take part in new experiences.

The programme is specifically designed for tangata whaiora. Referrals are accepted from mental health services only. All referrals can be sent to intake@tuiora.co.nz

Tui Ora

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36 Maratahu St
PO Box 8119
New Plymouth
Phone (06) 759 4064
reception@tuiora.co.nz

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



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