



bowel cancer awareness month

You can reduce your risk of developing bowel cancer by:

- Healthy diet high in fruit, ngā huawhenua and fibre
- Exercising regularly
- Becoming auahi kore &
- Maintaining a healthy body weight.

It is recommended that you should aim to engage in 30 minutes or more of physical activity everyday

Tamawhariua Office hours

Monday 8am - 4:30 pm Tuesday 8am - 4:30 pm Wednesday 8am - 8pm Thursday 8am - 8pm Friday 8am - 4:30pm

Address: 111 Main Road, Katikati

Email:

admin@tamawhariua.org.nz

Phone: (07) 549 0760

Website:

www.tamawhariua.com

Facebook: Tamawhariua Health & Social Services Tiktok: @Tamawhariua Instagram: Tamawhariua

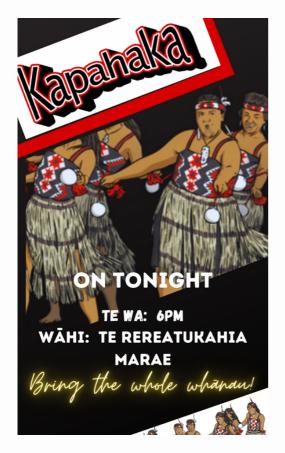
Health & Social services





HBU Clinic Every Tuesday night FREE DOCTOR 6pm - 9pm Tamawhariua Rūnanga





Every Monday night Te Rereatukahia Marae 6pm Bring your whole whānau along



















Katikati festival of cultures



Are you registered with Pirirākau?

We now have TELEHEALTH - Doctor via video call and

a Pirirāaku nurse coming to Tamawhariua Rūnanga every Thursday by appointments only .

9am - 2pm

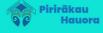
Services Blood tests

Smear Blood pressure checks

Vaccinations

\$ 10 charge for B12 and Depo

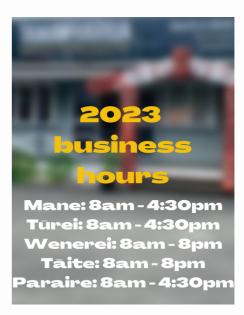




Family Planning in partnership with Katikati Midwives **Family Planning Katikati Clinic** 14 Jocelyn Street, Katikati **Every second Friday** 10am to 4pm 9 June 2023 Services provided: 23 June 2023 7 July 2023 ☐ 21 July 2023 4 August 2023 ☐ 18 August 2023 Call 0800 352 546 to make an appointment or drop in to the clinic familyplanning.org.nz facebook.com/familyplanningnz CONFIDENTIAL, NON JUDGEMENTAL, EXPERT ADVICE







OUR SERVICES:

Kaiwhakahaere- Valarie Uilou Administrator- Colleen Fleming Adult Mental Health- Kimi Benton Whānau Kaiarahi- Jesse Samuels Whānau Tautoko Connector- Lillian Mafi Whānau Ora- Claire Taikato Youth at Risk- Thomasina Samuels ICAYMHS- Steph Burgess Peer Support & Advocacy - Sandy Coley Rangatahi A.O.D - Rachel Barratt

