

TE NEHENEHENUI

HAUORA EXPO

He tū rongo koe — you are worth it!

Te Wā	Kaupapa
8:30am	Karakia & Mihi
9:00am	NZ Health reforms explained - How can we as Ngāti Maniapoto determine our own mana motuhake with these changes? (Iwi consultation throughout the day)
9:30am	Kaikōrero - Hariru Roa
10:15am	Kapu Ti - Kaumatua korikori tinana – Gentle exercise for Kaumatua
10:45am	Kaikōrero - Romaine Ferris
11:30pm	Kaikōrero - Meretini Bennett Huxtable
12:15pm	Kaikōrero – Pania Te Paiho-Marsh
1:00pm	Lunch - Kaumatua korikori tinana – Gentle exercise for Kaumatua
2:15pm	Kaikōrero - Jared Tuoro
3:00pm	Kapu Ti
3:30pm	Kaikōrero - Ngarino Te Waati - The art of Māori holistic healing
4:30pm	Expo wrap up & feedback from Iwi Consultation with NZ health reforms Karakia whakamutunga

WIN a Mother's Day hamper for mum by telling us why she is the best mum in the world!

Feed your soul with amazing Rongoā Maori practitioners, Health screening and vaccination opportunities available, Kaumātua Korikori Tinana sessions to move your body in the kaumatua zone, Kai services onsite, Kids zone with kids activities, spot prizes and incentives for health screenings / vaccinations throughout the day!

SUNDAY, 8 MAY 2022 | LES MUNRO CENTRE, 8 KING ST EAST, TE KŪITI



Kia ora!

We're inviting our whānau across the rohe to join us at the Te Nehenehenui Hauora Expo!

The Expo is a FREE one-day event that promotes health & wellbeing from Te Ao Māori and western perspectives. Local Rongoā Māori practitioners, health services, and businesses will collaborate to provide an expo experience that reminds us all about the importance of taking care of ourselves, and our whānau.

The Maniapoto Māori Trust Board recognises the impact of COVID-19 on the health and well-being of everyone across Aotearoa, and the need to support Iwi and community members to regather confidence personally and professionally.

The expo offers whānau the opportunity to receive incentivised health screening and vaccinations. Tamariki will be encouraged to engage in physical activity, there will be spot prizes to be won in the tamariki zone. Some kai services will be available on the day.

Join us at the Te Nehenehenui Hauora Expo to hear from a range of inspirational kaikōrero (speakers) as they discuss living by the Maramataka (lunar calendar), work-life balance practices, transformational change for Māori through education and politics, connecting to our taiao, empowering wahine and drawing on forms of healing such as meditation.

Nau Mai, Haere Mai!