

# Aratika cancer trust

Empowerment • Support • Prevention



Integrative, supportive lifestyle programmes and residential wellbeing retreats for people and their whānau affected by a cancer diagnosis.

[aratikatrust.co.nz](http://aratikatrust.co.nz)



We are family.



Sharing love, empathy  
and compassion.



Honouring your spirit.



With generosity,  
kindness and support.

**Aratika Cancer Trust empowers  
people impacted by a cancer  
diagnosis through evidence-informed  
*mātauranga* (knowledge) illuminating  
the integrative and holistic  
nature of living well.**

✉ [aratika@aratikatrust.co.nz](mailto:aratika@aratikatrust.co.nz)

📞 Ph/Txt 022 429 5063

🌐 [aratikatrust.co.nz](http://aratikatrust.co.nz)

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