

He ratonga hauora, kahore he utu



Rongoa Kakariki

Ko te Rongoa Kakariki he kaupapa whakahiki hauora mo ngā tangata 18+ tau kei Tamaki Makaurau. Mena e hiahia ana koe he tautoko ki te whakapakari tou tinana, kaingia I te kai pai, a, whakapaingia tou oranga, patai atu ki tetahi Kaioranga hei tukuna I tou ingoa ki a Rongoa Kakariki. Tou kaha, Kei a koe te tikanga! Nou e tono atu. He pai!

Ka whangai hau matou...

- Tetahi Kaioranga mou hei tautoko I tou whai oranga
- Hotaka hapori, ara – akonga whakapakari tinana, Kai pai mo tou tinana me nga akonga hauora hoki
- Wananga ipurangi – akonga whakapakari tinana, kai pai mo tou tinana, a, wananga hauora kei runga I te ipurangi
- Wananga rā whakata, maruahiahi ranei
- Kuputuhi hei whakakaha I a koe
- Tautoko tawariwari mou I tou taketake haere

Rongoā Kākāriki
GREEN
PRESCRIPTION

TOU TONO
0800 ACTIVE
0800 228 483



“Pai te tautoko ki a au. I heke haere te tinana, a, ka hiki toku wairua”

“Nga mihi ki tōku rata mo tona taunaki e pa ana te Rongoa Kākāriki. Ko tona tohutohu ki a au I whakamanawa toku whai oranga”

“Ka eke toku matauranga e pa ana ki te kai pai moku”

“Tino pai nga akonga ipurangi! Me haere tonu au ki tera kaupapa”

“Miharo rawa atu te tini o nga ahurea I roto I te roopu. He rereke atunga ahurea, a, te rahi me te iti o nga tangata I reira”

Noku te mana hei tono atu toku ingoa ki a Rongoa Kakariki? AE!

- 18+ tau
- Kia reri koe ki te whai oranga?
- Ka morearea e koe he mauuiui pea, no te mea, ka roa te waa o tou whakataa ia ra, ia ra
- E awangawanga ana koe? Kua mauuiui tou hinengaro pea?

Kia reri koe ki te timata? Rapua te matauranga oranga.

Patai atu ki tou rata, tou neehi ranei hei tukuna atu I tou ingoa. Mena ka pirangi koe ki te tono I tou ingoa ki a Rongoa Kākāriki, tono atu kei runga I te ipurangi, matawaia te QR code, waea atu ranei ki a 0800228483



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