



# #WER

## Wellness programme

#WeR Wellness programme offers the chance for whaiora to not only work on their tinana but also work on their hinengaro and wairua in a whānau space. This group has a focus on Te Whare Tapa Whā and shares ways of reflecting and growing.

This programme occurs fortnightly at Tinana Community Gym and is open to the community. There will also be another #WeR Wellness programme being delivered onsite at He Waka Tapu, 161 Pages Road.

To register for this programme or to find out more information please contact [jayden@hewakatapu.org.nz](mailto:jayden@hewakatapu.org.nz)

**HE WAKA TAPU**

*Me mahi tahi iātou mo te oranga o te whānau*

