


Mana Tāne Ora


Men's Health Event

Tautoko your tāne to wellbeing

Nelson Bays Primary Health, Te Whatu Ora and Nelson Tasman Pasifika Community Trust would love to see you at our

free event for tāne and whānau!

 Saturday 30 November 2024, 10.00am – 2.00pm

 Queen Elizabeth II Reserve, by Miyazu Gardens

Pop along for:

- Free heart and diabetes checks
- Information about prostate cancer
- Talk to a Health Coach, Dietitian or wellbeing provider
- Find out how to get more active in your community
- Try Tai Chi or a fitness class
- Enjoy some yummy kai
- Face painting and balloons for the kids

