

Healthy Helensville

Our vision: To be the healthiest rural community in New Zealand

Caring for Mama and Baby

There's a big focus on healthy living for new mums and their bubs this month.

Pregnant women and those with tamariki under four years old are invited to take part in the five week Healthy Mama course at Te Whare Oranga ō Parakai which starts Tuesday 7 August. Over the five weeks you'll learn about healthy kai — how to shop for it and how to cook safely as well, as giving new exercises a

go. Places are limited, so register now by emailing marama.pairama@tehaoranga.co.nz.

Safe ways to get back into fitness after baby will be the focus of a talk by personal trainer Kirstyn Campbell from KC Fit on Wednesday 22 August at the Helensville Birthing Centre Coffee Group's regular morning session at Te Whare Oranga ō Parakai.



Healthy Mama course this month at Te Whare Oranga ō Parakai.

Save the date



The Helensville District Health Trust is pleased to be hosting a Pink Ribbon High Tea on Sunday 30 September at Te Whare Oranga ō Parakai. Guests will be treated to a delicious array of savoury and sweet snacks and hear from a variety of speakers to launch Breast Cancer Awareness Month. Tickets on sale soon.

Hear this!



If you're Māori with a hearing impairment and unable to afford a hearing aid then a new weekly hearing clinic could set you on the path to better hearing. Hearing Auckland is holding weekly clinics at Te Whare Oranga ō Parakai. If you fit the criteria they'll provide a free full hearing service and if required free hearing aids. Appointments are a must and there are strict criteria for eligibility.

For more information contact Hearing Auckland (09) 524 9847 and they will talk you through the criteria and direct you to a Hearing Pathfinder based in Helensville.