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VALUABLE

Sessions are incredibly informative and helpful. **Te Puke.**

NON-JUDGEMENTAL

Wonderful positivity in recognising our humanity and understanding that it's okay to eat all food groups mindfully and in moderation. **Mount Maunganui.**

DYNAMIC

The enthusiastic and super knowledgeable presenter captivates all participants. **Tauranga**

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Ready to Begin?

Scan the QR code and register now.



WHY JOIN



Expert guidance from healthcare professionals.



Connect with people on a similar journey.



The sessions are interactive and fun.



Tailored info for effective self-management.

Contact

selfmanagement@wboppho.org.nz

(07) 571 7729

www.wboppho.org.nz

Wellness Lifestyle

Self-Management Groups are offered and funded by the **Western Bay of Plenty Primary Health Organisation.**



Western Bay of Plenty
Primary Health Organisation

TŌNGIA TE URURUA KIA TUPU
WHAKARITORITO TE TUPU
O TE HARAKEKE



Lifestyle change

Join one of our **FREE Self-Management Groups** to achieve your health goals.

HEALTH &
WELL-BEING

THINKING OF A LIFESTYLE CHANGE?

The Lifestyle Wellness Self-Management Groups provide FREE professional support to help you make it happen.



HOW IT WORKS

SESSION OPTIONS

- Morning or afternoon sessions over two weeks.
- Evening courses over four weeks via Zoom.
- Available in Tauranga South, Mount Maunganui, Te Puke, Pāpāmoa, Katikati, and via Zoom.

GROUP DYNAMICS

- Led by a registered Nutritionist/Dietitian.
- 5-10 people per group.
- Support person welcome.

Join today!

Scan the QR
code and
register now.



WHAT YOU WILL LEARN

INTRODUCTION
TO COMMON HEALTH
CONDITIONS AND TESTS

PHYSICAL ACTIVITY

HEALTHY EATING

MINDFUL EATING

STRESS AND SLEEP

GOAL SETTING AND
SELF-MANAGEMENT