

WEEKLY WORKSHOPS

Raahina
Monday

COUCH TO 5K - WALK
9.30AM
Departing C401

TE REO RANGATIRA
Training Room

TECH CLUB
11-12
Care Café

Raatu
Tuesday

COUCH TO 5K - WALK
9.30AM
Departing C401 - Offsite walk

CHANGE CHALLENGE
10:00 - 11:00AM
Training Room

Raapa
Wednesday

COUCH TO 5K - WALK
9.30AM
Departing C401

WOMEN'S GROUP
11-12PM
MADJAM
11-1 PM
Training Room

NGAA TOI
1-3PM
Training Room

Raapare
Thursday

HOME HACKS
10:00-11:00AM
Care Cafe

DEPRESSION & ANXIETY
11:30 - 12:30PM
Training Room

COMING SOON!!

Raamere
Friday

WAIATA
9:30-10
Training Room

ART O CLOCK
10:30-12
Training Room

MADJAM
1-3PM
Training Room

We look forward to seeing you :)