



TE WHARE WHAA RAU MA TAHI  
Centre 401 Trust

# 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 :)