



## ***FREE* Community Women's Health Promotion Short Course for Maori Women**

***Begin a journey of discovery and empowerment***

**Date:** Commences Thursday 11 February and then every Thursday through to 20 May (Break for School Holidays 2 – 21 April)

**Time:** 9.00 am – 2.30pm

**Venue:** Ruapotaka Marae, Line Rd, Glen Innes

**Morning tea and lunch provided**

**Child care available**

**For a registration form (closes 29.1.2010)**

**Phone 846 7886 ext 715 Beth Henderson**

**Email: [bethhenderson@wons.org.nz](mailto:bethhenderson@wons.org.nz)**

### **Course Covers:**

**Women's Health, Alcohol & Drug Abuse,  
Healthy Eating, Smoking Cessation,  
Self Esteem, Stress Management, Preparation for an Interview**



*Nursing, Education and  
Health Promotion Services*

McLachlan Charitable Trust

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