

wahine hauora kete

WOMEN'S HEALTH KIT



"Working with women to promote wellness"

**An adult learning
kit for teaching
community workers,
health promoters
and nurses.**



Modules are:

- Period Management
- Premenstrual Syndrome
- Menopause
- Osteoporosis
- Bladder Control
- Healthy Eating, Healthy Action
- Cervical Cancer and Cervical Screening
- Breast Health

**Adult Facilitation
Training available:
1 day facilitation
on Kete use.**

The Kete incorporates diet, lifestyle, exercise, natural and medical remedies.

Can be used at hui, group workshops or on an individual basis.

FREE TEESHIRT
with first
20 orders

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Gold sponsors



ASB Community Trust

Te Kaitiaki Putea o Tamaki o Tai Tokerau



SKYCITY
AUCKLAND COMMUNITY TRUST



JR MCKENZIE TRUST

ESTABLISHED IN 1980



THE NEW ZEALAND
BREAST CANCER
FOUNDATION



DIAGNOSTIC
MEDLAB
AUCKLAND

Other sponsors

National Screening Unit, MOH • BioCare • The Auckland Cancer Society

Order form

- Please send me _____ Wahine Hauora Kete
@ \$200.00 each (GST incl.)
- Cheque enclosed for _____
(Make cheque out to WONS)
- or please invoice me
- Please contact me about Adult Facilitation Training

Contact name: _____

Organisation: _____

Address: (Street and postal address required)

Date: _____

Phone: _____

Fax: _____

Email: _____

Send to:

WONS
PO Box 56 151
Dominion Road
Auckland

Ph: 09 523 0263
Fax: 09 523 0264
Email: admin@wons.org.nz
www.wons.org.nz



*Nursing, Education and
Health Promotion Services*