

URUURUWHENUA HAUORA  
**MAU RAKAU**  
with Matua Tim



URUURUWHENUA  
Hauora



**GROUNDING,  
WHAKAWHĀNAUNGATANGA,  
MĀTAURANGA, REO, FITNESS AND  
MORE!**



**WHARE WHAKARURUHAU  
DUNSTAN HIGH SCHOOL**



**1PM  
MARCH 23rd  
(every 2nd Sunday)**

**AGES 14+  
WĀHINE & TĀNE**

**REGISTRATIONS TO ZAIN-STAR 027 284 0477  
zain@uruuruwhenuahealth.co.nz**



**FOR MORE INFO CALL ADMIN: 0800 485 111**