



## Manaaki Support

### 2024 Weekly topics - Round 3

- A HOSPICE & MANAAKI SERVICE WELCOME  
An Introduction to Hospice and Manaaki Day Service.  
Date: **11 September 2024** at 11am
- NUTRITION  
Ideas for meeting your nutritional needs.  
Date: **18 September 2024** at 11am
- LIVING WITH REDUCED ENERGY  
Financial & legal resources and community services.  
Date: **25 September 2024** at 11am
- EXPLORING COMMUNITY RESOURCES  
Financial & legal resources and community services..  
Date: **2 October 2024** at 11am
- BREATHLESSNESS  
Strategies for managing shortness of breath  
Date: **9 October 2024** at 11am
- PAIN MANAGEMENT  
Tips for better pain management.  
Date: **16 October 2024** at 11am
- SLEEP AND RELAXATION  
Techniques for letting go and achieving better sleep.  
Date: **23 October 2024** at 11am
- RIDING THE EMOTIONAL ROLLERCOASTER  
Dealing with waves of emotions.  
Date: **30 October 2024** at 11am
- CHALLENGING CONVERSATIONS  
Tips for having difficult conversations.  
Date: **6 November 2024** at 11am
- REDISCOVERING MEANING  
Exploring sources of meaning and strength.  
Date: **13 November 2024** at 11am
- PLANS FOR THE FUTURE  
Your future, your way: Advance care & funeral planning.  
Date: **20 November 2024** at 11am
- CREATING MEMORIES & XMAS LUNCH  
Leaving a legacy.  
Date: **27 November 2024** at 11am



## Manaaki Support

### 2024 Weekly topics - Round 3

- A HOSPICE & MANAAKI SERVICE WELCOME  
An Introduction to Hospice and Manaaki Day Service.  
Date: **11 September 2024** at 11am
- NUTRITION  
Ideas for meeting your nutritional needs.  
Date: **18 September 2024** at 11am
- LIVING WITH REDUCED ENERGY  
Financial & legal resources and community services.  
Date: **25 September 2024** at 11am
- EXPLORING COMMUNITY RESOURCES  
Financial & legal resources and community services..  
Date: **2 October 2024** at 11am
- BREATHLESSNESS  
Strategies for managing shortness of breath  
Date: **9 October 2024** at 11am
- PAIN MANAGEMENT  
Tips for better pain management.  
Date: **16 October 2024** at 11am
- SLEEP AND RELAXATION  
Techniques for letting go and achieving better sleep.  
Date: **23 October 2024** at 11am
- RIDING THE EMOTIONAL ROLLERCOASTER  
Dealing with waves of emotions.  
Date: **30 October 2024** at 11am
- CHALLENGING CONVERSATIONS  
Tips for having difficult conversations.  
Date: **6 November 2024** at 11am
- REDISCOVERING MEANING  
Exploring sources of meaning and strength.  
Date: **13 November 2024** at 11am
- PLANS FOR THE FUTURE  
Your future, your way: Advance care & funeral planning.  
Date: **20 November 2024** at 11am
- CREATING MEMORIES & XMAS LUNCH  
Leaving a legacy.  
Date: **27 November 2024** at 11am



## Manaaki Support

### 2024 Weekly topics - Round 3

- A HOSPICE & MANAAKI SERVICE WELCOME  
An Introduction to Hospice and Manaaki Day Service.  
Date: **11 September 2024** at 11am
- NUTRITION  
Ideas for meeting your nutritional needs.  
Date: **18 September 2024** at 11am
- LIVING WITH REDUCED ENERGY  
Financial & legal resources and community services.  
Date: **25 September 2024** at 11am
- EXPLORING COMMUNITY RESOURCES  
Financial & legal resources and community services..  
Date: **2 October 2024** at 11am
- BREATHLESSNESS  
Strategies for managing shortness of breath  
Date: **9 October 2024** at 11am
- PAIN MANAGEMENT  
Tips for better pain management.  
Date: **16 October 2024** at 11am
- SLEEP AND RELAXATION  
Techniques for letting go and achieving better sleep.  
Date: **23 October 2024** at 11am
- RIDING THE EMOTIONAL ROLLERCOASTER  
Dealing with waves of emotions.  
Date: **30 October 2024** at 11am
- CHALLENGING CONVERSATIONS  
Tips for having difficult conversations.  
Date: **6 November 2024** at 11am
- REDISCOVERING MEANING  
Exploring sources of meaning and strength.  
Date: **13 November 2024** at 11am
- PLANS FOR THE FUTURE  
Your future, your way: Advance care & funeral planning.  
Date: **20 November 2024** at 11am
- CREATING MEMORIES & XMAS LUNCH  
Leaving a legacy.  
Date: **27 November 2024** at 11am