

Manaaki ACTIVE

To complement the Manaaki Programme, Manaaki Active offers gentle exercise sessions for patients and families.

Explore safe and enjoyable ways to keep moving within your limitations.

Includes activities such as seated yoga, Tai Chi, weights and movement to music.

Light refreshments will be provided following the exercise session.

When: Tuesdays 10.30am,
runs throughout the year

Where: **Mercy Hospice,**
61 College Hill, Ponsonby

If you wish to attend one of our programmes or you would like more information please contact:

Cherie McCaw, *Day Programme Coordinator*
phone 09 361 5966



Manaaki PROGRAMME

The Manaaki Programme provides helpful information and support to patients, families and their whanau. It is a way to connect with others who share similar experiences.

The Manaaki Programme offers a series of discussion, support and information-based groups.

Some of the topics covered in the programme are 'Living with Reduced Energy', 'Advance Care Planning' and 'Riding the Emotional Rollercoaster'.

You are welcome to join the programme at any time. You may choose to attend the whole programme or just come to the sessions that interest you.

Lunch is provided at each session along with time to socialise with others. You will be made to feel welcome and part of the Mercy Hospice family. Whanau or support person(s) are also invited to attend.

If you wish to attend one of our programmes or you would like more information please contact:

Cherie McCaw, *Day Programme Coordinator* *phone* 09 361 5966

When: Wednesdays 11am-1pm **Where:** Mercy Hospice, 61 College Hill, Ponsonby