



Manaaki Day Service



Manaaki

To support, give hospitality
to, show respect, generosity,
and care for others.

Contact us:

If you wish to attend any group,
talk to one of our Manaaki staff to
receive the current sessions/dates
schedule, please get in touch.



09 361 5966



familysupport@mh.org.nz



Mercy
Hospice
Te Korowai Atawhai

Manaaki Active

Manaaki Active group offers a gentle exercise programme. It's a safe and enjoyable way to keep moving within your limitations. An enjoyable morning tea is provided.

The programme includes:

- Stretching
- Weight exercises
- Tai Chi
- Seated dance
- Seated Yoga

When and where?

Tuesday at 10.30am

Mercy Hospice
61 College Hill, Ponsonby,
Auckland



Manaaki groups



Manaaki Support

Manaaki Support group provides helpful information and social support through discussion & information-based groups. It's a way to connect with others who share similar experiences. A living-well series is offered three times a year and you're welcome to join at any time.

Weekly topics:

- A HOSPICE & MANAAKI SERVICE WELCOME
- EXPLORING COMMUNITY RESOURCES
- LIVING WITH REDUCED ENERGY
- NUTRITION
- BREATHLESSNESS
- PAIN MANAGEMENT
- SLEEP AND RELAXATION
- RIDING THE EMOTIONAL ROLLERCOASTER
- CHALLENGING CONVERSATIONS
- ADVANCE CARE PLANNING
- REDISCOVERING MEANING
- CREATING MEMORIES

When and where?

Wednesday at 11.00am

Mercy Hospice - 61 College Hill, Ponsonby,
Auckland