





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.



familysupport@mh.org.nz



Manaaki Day Service





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.

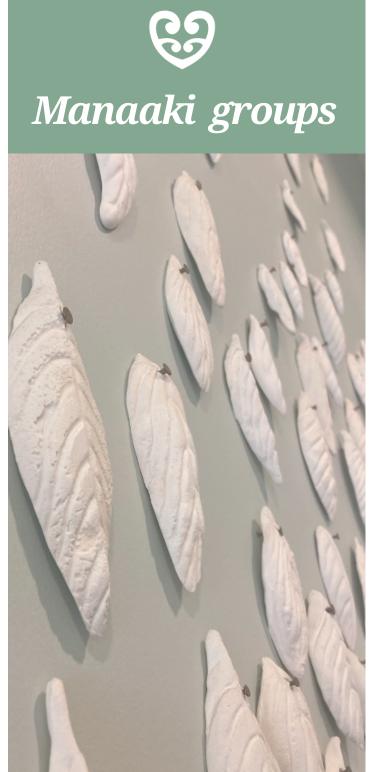
The programme includes:

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

When and where?

Tuesday at 10.30am

Mercy Hospice 61 College Hill, Ponsonby, Auckland



3 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 vou'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