



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.

phone 09 361 5966
email familysupport@mh.org.nz

61 College Hill, Ponsonby, Auckland
www.mercyhospice.org.nz

Pub 016 Aug 19



Manaaki Day Service



♡ *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
- Tai Chi
- Seated Yoga
- Seated dance
- Low-intensity workout

When and where?

Tuesdays, 10.30am
at Mercy Hospice

♡ *Manaaki Support*

Manaaki Support 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.

The programme includes 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
- Difficult conversations
- Advance Care Planning
- Rediscovering meaning
- Creating memories

When and where?

Wednesdays, 11.00am
at Mercy Hospice

♡ *Manaaki Wellness*

Manaaki Wellness sessions promote healthy practices for better emotional, spiritual, and mental health outcomes. You and your Whānau can explore different ways to improve your well-being. Booking is essential for these sessions.

The programme includes:

- Mindfulness
- Aromatherapy
- Reflexology

When and where?

Thursdays, 10.30am
at Mercy Hospice