



2023 Weekly Topics - Round 2

- **HOSPICE AND MANAAKI SERVICE WELCOME**
An Introduction to Hospice and Manaaki Day Service
Date: 17 May 2023
- **EXPLORING COMMUNITY RESOURCES**
Financial & legal resources and funeral planning.
Date: 24 May 2023
- **LIVING WITH REDUCED ENERGY**
Strategies to make the most of every day.
Date: 31 May 2023
- **PAIN MANAGEMENT**
Tips for better pain management.
Date: 14 June 2023
- **BREATHLESSNESS**
Strategies for managing shortness of breath.
Date: 21 June 2023
- **NUTRITION**
Ideas for meeting your nutritional needs.
Date: 28 June 2023
- **SLEEP AND RELAXATION**
Techniques for letting go and achieving better sleep.
Date: 05 July 2023
- **SPECIAL SESSION - MATARIKI DAY CELEBRATION**
Date: 12 July 2023
- **RIDING THE EMOTIONAL ROLLER COASTER**
Dealing with waves of emotions.
Date: 19 July 2023
- **DIFFICULT CONVERSATIONS**
Tips to assist you with challenging conversations
Date: 26 July 2023
- **ADVANCE CARE PLANNING**
Conversations to have with your Whanāu and professionals.
Date: 02 August 2023
- **REDISCOVERING MEANING**
Exploring sources of meaning and strength.
Date: 09 August 2023
- **CREATING MEMORIES**
Leaving a legacy.
Date: 16 August 2023