



2023 Weekly Topics - Round 1

- **HOSPICE AND MANAAKI SERVICE WELCOME**
An Introduction to Hospice and Manaaki Day Service
Date: 08th February 2023
- **NUTRITION**
Ideas for meeting your nutritional needs
Date: 15th February 2023
- **EXPLORING COMMUNITY RESOURCES**
Financial, legal, and other resources
Date: 22nd February 2023
- **BREATHLESSNESS**
Strategies for managing shortness of breath
Date: 01st March 2023
- **PAIN MANAGEMENT**
Tips for better pain management
Date: 08th March 2023
- **LIVING WITH REDUCED ENERGY**
Strategies to make the most of every day
Date: 15th March 2023
- **RIDING THE EMOTIONAL ROLLER COASTER**
Connecting with your inner resources
Date: 22nd March 2023
- **CHALLENGING CONVERSATIONS**
Tips for having difficult conversations
Date: 29th March 2023
- **ADVANCE CARE PLANNING**
Conversations to have with your whanāu and professionals
Date: 05th April 2023
- **REDISCOVERING MEANING**
Exploring sources of meaning and strength
Date: 12th April 2023
- **SLEEP AND RELAXATION**
Techniques for letting go and achieving better sleep
Date: 19th April 2023
- **CREATING MEMORIES**
Leaving a legacy
Date: 26th April 2023