

TŌKU HAUORA

My Wellbeing



Tōku Hauora is a free, eight-week physical activity and education programme designed specifically to help you move well and make healthier choices to improve your overall quality of life.

About the programme

Day and time:	Every Friday from 17 Sep - 5 Nov, 1pm - 2.30pm
Location:	Rārākau Riccarton Centre, 199 Clarence Street
Frequency:	Weekly
Duration:	90 minutes
Session content:	Low to moderate intensity physical activity (30-45 minutes) Education (45 minutes) e.g. goal setting, physical activity at home, eating well, mental fitness
Facilitators:	The qualified and experienced team at The Zone, Ara Institute of Canterbury's Sport Science and Wellness Centre

With Tōku Hauora:

- you'll move easier
- meet new people
- improve your quality of life

To join:

Contact Stacey or Kim on 03 940 8653
or thezone@ara.ac.nz