



# MATES MANA EAST COAST ROAD TRIP

**You're invited to Mates Mana, a FREE one hour stress management and wellbeing workshop.**

- Stress management techniques
- Self-care practices
- Strategies for building resilience
- Creating a culture of wellbeing

## **Gisborne Sun 8 June**

11.30am – 1.00pm  
The Rose Room, Lawson Field  
Theatre, 7 Fitzherbert Street

## **Ruatoria Tues 10 June**

5.30pm – 7.00pm  
EIT Ruatoria Learning Centre  
12 Hekiera Road

## **Te Karaka Sun 8 June**

3.30pm – 5.00pm  
Te Karaka Area School Hall  
5 Kanakanaia Road

## **Tokomaru Bay Wed 11 June**

5.30pm – 7.00pm  
The Haven  
6 Tokomaru Street

## **Te Araroa Mon 9 June**

5.30pm – 7.00pm  
Manaaki Matakaoa  
27 Pakiakanui Rd

## **Uawa Thurs 12 June**

5.30pm – 7.00pm  
Te Whare Hauora o Te Aitanga  
a Hauiti, 8 – 12 Main Road

Join us at the venue nearest you, and share some kai  
before the one hour workshop begins. Everyone's welcome  
– come along with your friends and whānau.

For catering purposes, please RSVP ASAP to [hello@matesoftairawhiti.nz](mailto:hello@matesoftairawhiti.nz)  
or phone MOT Coordinator Bridgette Penny on **021 222 1701**.

**matesoftairawhiti.nz**

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**TE RAU ORA**