



# AWHI MAROHA NEWS LETTER

(Sept – Nov 2009)



Tai Chi – Group Session



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## Kia Ora Koutou

Yay, It's Spring time in the city!

Lets get out and enjoy the beauty of spring, the wonderful flowers, budding blossoms the season will bring.

The team is looking forward to the upcoming months with the chance to meet and greet new and old faces.

***“Happy Fathers Day to all our dads we hope you had an enjoyable day”***

### **!!! NEWS UPDATE !!!**

- In July we had a guest named Poutama Tsoi from China who gave us a demonstration of slow Tai Chi movements. It was great to see everyone participate and enjoy themselves on the day. Followed by an enjoyable shared lunch of yummy Butter Chicken on Rice mmm...
- In August the team attended the National Maori Cancer Conference 2009 held in Rotorua over 3 days. We had the privilege of listening to some influential speakers passionate about supporting Maori and their whanau with cancer. We also had the opportunity to meet and share our experiences with great people (from all over the country) who too provides cancer support services. We promoted our services via a display board which also included free resources and giveaways for everyone who attended.

Some pictures from National Maori Cancer Conference 2009



“Display Board”



“Banquet Night”



Cancer Survivor Aunty Mabel

### **!!! UPCOMING EVENT !!!**

Next whanau session will take place on Thursday 24<sup>th</sup> September at Ruapotaka Marae, Glen Innes from 11.00 – 1.00. A reminder letter will be sent out closer to the date. We will use this opportunity to talk about “what to do” for our Christmas whanau session.