



Poutiri Wellness
Centre



Is stress getting in the way of your best life?

Are you feeling overwhelmed?

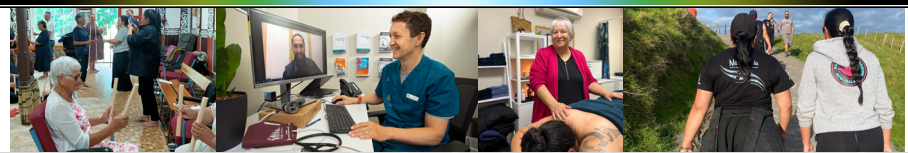
Do you feel stuck and want to create a lifestyle change?

Would you like new tools to help your wellbeing?

We work to improve your overall health, supporting you with all aspects of your life such as sleep, stress, diet, movement, understanding of medications, relationships and more.

Individualised plan to suit your needs.

We can see you at Poutiri, at home or by phone.



Contact Us

Health Practitioner

Adrian Maxwell
Ph: 021 393 764

Health Coach

Shania Dudson
Ph: 021 396 462



@PoutiriWellness



P. 0800 5730091

35 Commerce Lane, Te Puke

Free service

Quick response

No waitlist

www.poutiriwellness.org



Mauri Tū Mauri Ora!

Enhancing Whānau Health and Wellness

Poutiri is a kaupapa Māori service built on the aspirations of Iwi, serving the community since in 1997.

We are here to support your health and wellness.

- ✓ Range of free and low-cost services
- ✓ Our services are confidential
- ✓ We provide home visits, kura/school-based programs and clinics in the community
- ✓ Services also available from Poutiri Wellness Centre.

Poutiri Wellness Services:

- Maara kai support to grow your own vegetables at home
- Whānau ora fitness classes Mondays 11am & Tues 15.30pm
- Tamariki & rangatahi supports, one to one & programs
- Rangatahi engagement in education
- Kōeke wellness program every Friday
- Injury prevention, recovery care & ACC navigation
- Nursing service for whānau with chronic health needs
- Pahi mobile health service & vaccinations
- Mental health, addictions & counselling services
- Māmā Maia breastfeeding services & weekly support groups
- Piringa MSD community support & employment assistance
- Rongoā and mirimiri services
- Community Pataka Open Pantry @ 74 Jellicoe Street, Te Puke
- Poutiri Wellness Medical Centre.

Talk to a
counsellor,
any time.

NEED TO TALK?

1737

free call or text
any time

Free health advice
when you need it


Healthline
0800 611 116
www.healthline.govt.nz

alcohol  drug
HELPLINE
0800 787 797

Helplines Available 24/7