



Give

Your time,
your words,
your presence

5 WAYS TO WELLBEING

Connect . Give . Take notice . Keep learning . Be active

Heke tipu oranga, he taonga tuku iho, ka pakanga ake, aue te aiotanga, te manawanui



**BE
ACTIVE**

**DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD**

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**KEEP
LEARNING**

**EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF**

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CONNECT

**TALK & LISTEN,
BE THERE,
FEEL CONNECTED**

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**TAKE
NOTICE**

**REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY**

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