5 WAYS TO WELLBEING
Heke tipu oranga, he taonga tuku iho, ka pakanga ake, aue te aiotanga, te manawanui

CONNECT
TALK & LISTEN, BE THERE, FEEL CONNECTED

TAKE NOTICE
REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY

KEEP LEARNING
EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF

GIVE
YOUR TIME, YOUR WORDS, YOUR PRESENCE

BE ACTIVE
DO WHAT YOU CAN, ENJOY WHAT YOU DO, MOVE YOUR MOOD