

## Where To Find Us

Contact our Head Office  
& staff will direct you to  
the Clinic nearest to you

### Hours

Open  
10.00am- 2pm

Come & enjoy the company  
of other Pacific people.

Together we learn to  
make Healthy Choices  
& promote Healthy  
Lifestyles

For more information please  
contact:

1 Nile Road  
Milford  
North Shore City

Ph.: (09) 410 0251  
Fax.: (09) 410 9695

Email: [info@pihc.co.nz](mailto:info@pihc.co.nz)

*“If you don’t  
know where  
to go & who  
to talk to  
about your  
health needs,  
we are here  
to assist you  
to meet  
your needs”*



**PASIFIKA  
INTEGRATED  
HEALTH CARE LTD  
(PIHC)**

**PACIFIC ISLAND  
OUTREACH  
CLINICS**

FAKALOFA LAHI

WELCOME

KA ORA

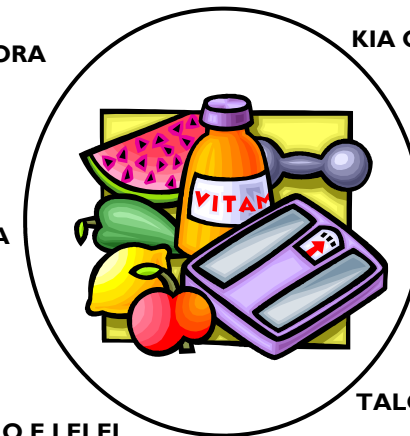
KIA ORANA

BULA

MALO E LELEI

TALOFA

TALOHA NI



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## Welcome To Pacific Health Support Clinics

- ◆ **The Clinics are set up to assist well & unwell people access information**
- ◆ **Offer support for your health needs**
- ◆ **Offer a wide range of advise on health related issues**
- ◆ **Access appropriate health services**
- ◆ **Conduct health checks such as:**
  - \*Blood pressure*
  - \*Monitor your diabetes status*
  - \*Check your weight*
  - \*Discuss one-to-one personal health related issues*
- ◆ **All information entrusted to the health professionals are treated with respect & confidentiality**

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## This is a FREE SERVICE

**YES!!**

**It is a FREE service**

**All are welcome from children to 80+ years**

### **Who Conducts These Clinics**

- ◆ **A Registered Nurse with extensive experience in community health and health education**
- ◆ **Health Educators**
- ◆ **Plus other allied health workers**



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## What Health Issues Are Discussed

- ◆ **Nutrition**
- ◆ **Exercise**
- ◆ **Healthy Lifestyles**
- ◆ **Women's Health**
- ◆ **Men's Health**
- ◆ **Older Peoples Health**
- ◆ **Your Rights to Care**
- ◆ **ACC Services**
- ◆ **Chronic Illness**
- ◆ **Emergency CPR**
- ◆ **Child & Youth Health**
- ◆ **Respiratory Conditions**
- ◆ **Access To Appropriate Services**
- ◆ **Sexual Health**
- ◆ **Mental**
- ◆ **Other Health Related Issues that increase equality & encourage access to Primary Care Services**
- ◆ **Podiatry Service**
- ◆ **Diabetes Information**