

**Koe tau mena kua lata ke
tamai ka hau ko e koe
kaeke ke hau ke faofao
(exercise)**

- 1) Tamai ni e koe hau a lupu vai mo inu
- 2) Tui he sevae lau tatai tuga sevae poi (running shoes)
- 3) Tui tau fihui ku moe tapulu misi
- 4) Ua kai a koe tolu e matahola to hau ke faofao.



**Manatu faofao ni e tino haau ke
he haau a malolo
(ie) lielue fakasekiseki**

KUMI MAI KIA :

Sarome Eveni (Team Leader)

**Telefoni: (09) 410-0251
Telefoni uta fano: 0212744213**

Ella Scanlan (Registered Nurse)

**Telefoni: (09) 410-0251
Telefoni uta fano: 0212477205**

Or

Matakau gahua

Ofa Palavi - Tongan

Fay Tongalea - Niuean

Litia Nonu -Samoaan

Feao Vaimohea- Tongan

Matahola ka hafagie ofisa

**8:30am- 5pm
AHO GOFUA- AHO FALAILE**

**1 Nile Road, Milford
North Shore**

TELEFONI : (09) 410 0251

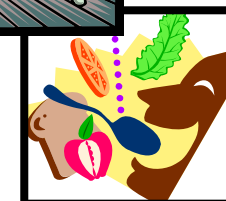
NIUEAN



PASIFIKA INTEGRATED HEALTH CARE LTD (PIHC)

*Fakaholoaga Faofaotino
moe tau puhala tunu kai*

Koe fakaholoaga nai ne tamata e Pasifika Integrated Health, koe faahi gahua leveki moe puipui e tau momoui malolo tino he tau tagata he atu Pasifika ne kua takele mau ai i North Shore District.



Koe kakano kua tokoluga lahi e numela puke tagata Pasifika kua moua ai he tau gagao toto tokoluga. Gagao suka(Diabetes) (Stroke/Heart Attack) Kelea e tau asefua moe tolomaki ki luga e tau tino lalahi moe gako (obesity)

Faofao tino moe levekiaga ke e tau kai.

Koe Fakaholoaga mae tau Polokalame Takitaha

- 1. Fua hau a mamafa*
- 2. Fua e toto, fua e suka moe gako ne nofo ke he tino haau (Cholesterol level and BMI)*

Koe matakau gahua lagomatai kehe fakaholoaga nai- taha e Registered Nurse moe ua e Support worker.

Koe tau fuata ka fakaako moe fakakise e tau faofao tino ko :

Gerald Naepi- Niuean

Nicole Manuela- Niuean/ Palagi

Haha i ai foki e tau fakaakoaga kehe tau puhala tauteute kai ke lata moe tau moui malolo tino

Matutaki fefe a koe kehe fakaholoaga nai

Koe e matakau gahua ha Pasifika Integrated (PIHC OUT REACH CLINIC) Ahiahi atu a lautolu kehe tau matakau tapu tau ekalesia kehekehe, Methodist Tonga

Northcote point:

Zion Hill Samoan

LDS Samoan

AOG Samoan

PIC(Mixed Samoan)

Glenfield PIC

Onepoto Awhina Community

Kua hataki fakalahi atu kia mutolu e tau Niue ne kua nonofo i North Shore ke o atu kehe tau matakavi na ke fakagahuahua moe faofao haau a tino ke tumau e malolo moe fuluola.