



Learn the ancient art of integrating lunar phases and ocean flows.

Harness the energy of an incoming tide!

Cast out negativity on an outgoing tide!

Kai provided.

All participants gifted an eco-sourced native tree.

## TAI WHAKAORA

Mangere Bridge Boating Club  
Carpark  
10 Oct 11.45am - 1.00pm

**healthy families**  
Manukau  
Manurewa-Papakura  
He oranaa whānau

**HĀPAI TE HAUORA**  
MĀORI PUBLIC HEALTH

RSVP for Catering  
[masonn@healthyfamilies-mmp.org.nz](mailto:masonn@healthyfamilies-mmp.org.nz)