

Green Prescription

PACIFIC ACTIVE FAMILIES



Rongoā Kākāriki, whānau kori, whānau ora

**TALOFA, KIAORANA, MALO E LELEI,
BULA, FAKALOFALAHIA TU**



Your family can be involved in our

FREE

Fun Pacific Focused Activity Sessions

**Healthy Pacific Nutrition
Sessions and Traditional Food
Demonstrations**

**Family Support for Healthy Lifestyle
Changes**

**Pacific Active Families is cultural support for
overweight children and their families.**



How to get involved

Get a Green Prescription from your GP or Nurse

Self Referral by contacting Harbour Sport on

(09) 415 4655

or pi-support@harboursport.co.nz

Contacting Pasifika Integrated Health Care on

(09) 410 0251