



# ORA TOA HEALTH UNIT

## WHATS ON ...

### GROUPS

**Aqua Aerobics**

FREE - Tuesday & Thursdays, 8am-9am  
@ Cannons Creek Pool

**Cancer Support Group**

1st Friday of each month  
@ Ora Toa Health Unit from 10am

**Diabetes Support Group**

1st Thursday of each month  
@ Cannons Creek Medical Centre

**Kaumatua Support Group**

1st Wednesday of each month  
@ Ora Toa Health Unit, 10:30am-12 noon

**Mind & Body Balance Classes**

FREE—Thursdays, 12-1pm  
@ Puna Ora

**Pram-a-cise**

Thursdays, 10:30-11:30pm  
@ Takapuwahia Marae

**Respiratory Support Group**

Last Monday of each month @ 10:30am-12pm  
@ Ora Toa Health Unit  
Contact: Porirua Asthma Service, Ph. 237 0878

**Tai Chi**

FREE - Every Wednesday 9am-10am  
@ Takapuwahia Marae

**Tamariki Ora Parents Group**

Tuesdays, 11am-12:30pm  
@ Ora Toa Health Unit

**Weaving**

Last Saturday of each month, 10am-3pm  
@ Ora Toa Health Unit

**Women's Gym Session "Gym Grannies"**

Mondays & Wednesdays, 11am-12 noon  
@ Salvation Army Gym, cnr Warspite Ave &  
Fantame St - \$1 entry

**Women's Health**

Tuesdays & Thursdays (by appointment)

### CLINICS

**Antenatal**

Every Friday - Appointment necessary  
@ Ora Toa Health Unit  
Contact: Kuki on Pager (04) 472 9491

**Arthritis Clinic**

1st Monday of each month—Appointment necessary  
@ Ora Toa Health Unit

**Eczema Clinic**

1st Monday of each month, 9-11:30am  
—Appointment necessary, @ Ora Toa Health Unit

**Hearing (Adults)**

2nd Wednesday of each month  
@ Takapuwahia Medical Centre  
By appointment - Ph. 237 4503

**Tamariki Ora Open Clinic & Immunisations**

@ Ora Toa Health Unit  
Wednesdays, 10am-2pm

**Massage Clinic**

Mondays, 2-5pm — Appointment necessary  
@ Ora Toa Health Unit

**Mobile Ear Van (0-18yrs)**

Tuesdays, 1:30-3pm—No appointment necessary  
@ Ora Toa Health Unit

**Hearing & Vision Technicians**

1st and 3rd Tuesday of each month, 1:30-3pm  
@ Ora Toa Health Unit

**Nutrition & Physical Activity Advice**

By appointment:  
Cannons Creek Medical Centre, Ph. 237 5152  
Thursdays, 2-5pm  
Mungavin Medical Centre, Ph. 237 6387  
Wednesdays, 1-5pm  
Takapuwahia Medical Centre, Ph. 237 4503  
Thursdays, 9am-12:30 pm

**Podiatry Clinic**

Wednesdays & Thursdays  
@ Ora Toa Health Unit  
By appointment - Ph. 237 4503

For any further information, please contact:  
Ora Toa Health Unit  
20-24 Ngatitua St, Takapuwahia  
Phone (04) 237 0110 / Fax: (04) 237 0111