

**Hogahogā ke
hololelei te tūlaga o
te ola manua
ma te
haogalemū?**

**Ahiahi Ki
totatou Tino
Fakatonu
e HAOLOTO**

**KO TOTATOU OLA
FAKATONU E MAFAI KE FEHOAHOANI
I NA MEA IENEI...**

Maua te iloa, poto mahani, ma mautinoa e pa koe
kite tini o te ola manua:

- Gaoioi ma pe vēhea oi maua te tino malohi
- Kai ola malōlō
- Moe lelei
- Ola lelei ke mataloa te ola manua
- Fautuaga fakamātua
- Fakataigole ma taofi te ulaula

Fehokotaki ma nā kaukaunaga hako,
fakalapotopotoga pe ko nā tautuaga mo hōfale,
meakai, ma mafutaga tautua



**E haunia e te
Ola Fakatonu
ni vaega ola
malōlō i te falemai.
Fehili kiei pe ko
ai te vaega e vave
kamata**

Mō nā avanoaga

Ko tau fomai pe ko te teine tauhi e fakahinoa koe
kite Ola Fakatonu pe fehili mo he avanoa i te ofiha.



ACCESS & CHOICE
Wellbeing Support
*Supporting the health and
wellbeing of our communities*

*Ko koe ki tēna, ko ahau ki tēnei kīwai o te kete:
Ko koe e i kinā, ma au e ite kau o te polapola. I te galulue fakatahi, tatou ka olo ki mua*