



Rongoā Kakāriki



GREEN

**PRESCRIPTION
IS EVOLVING...**



Where? : Glenfield Leisure Centre

When? : Thursday's

FREE Exercise classes at 11:15am (studio 1) and 7:15pm (studio 2)

Who? : Green Prescription clients

How? : Ask your Doctor about the Green Prescription or contact David at Harbour

Free consultations provide...



1 on 1 exercise advice



Personal support to help achieve your goals



Extra encouragement to make healthy lifestyle choices



Waitemata
District Health Board
Best Care for Everyone



MINISTRY OF
HEALTH

MANATŪ HAUORA

**Auckland
Council**
Te Kaunihera o Tāmaki Makaurau

