

1

horoia ō
ringaringa
i mua
i te kai

2

i ngā wā
horoia,
uhia
katoangia ō
ringaringa
e te hopi
me
te wai

3

horoia ō
ringaringa,
a muri
mai i te
haeranga
ki te whare
paku

4

tiakina
pai ngā
matimati a ō
ringaringa,
kia mā tonu
kia kore
ai e roroa
rawa

5

horoia ō
ringaringa,
a muri
mai i te
tākaro i
waho

**nga
tohutohu
matua,
e rima,
kia ma
tonu nga
ringaringa**



TOI TE ORA
PUBLIC HEALTH
Bay of Plenty + Lakes Districts