



Te ara hauora tika
The healthy way to go



TOI TE ORA
PUBLIC HEALTH
Bay of Plenty + Lakes Districts

Mahia te mahi

5210 ia rā, ia rā



Kia kaha te kai,
kia RIMA i ngā
hua rākau mē
ngā hua whenua



Kia mātakitaki
te mata rorohiko,
kia RUA haora
noa iho



Kia mahi korikori
te tinana, mō te
KOTAHI haora ā,
piki ake



Kia KORE te inu wai
huka; whakainumia
te wai Māori me
te miraka noa iho

