

**Venue: Matura Community Centre, (plunket rooms)**  
**Matura**

**2019 Clinic Dates:**

- **Feb** – Mon 18<sup>th</sup> 10am – 2pm
- **Mar** – Mon 11<sup>th</sup> 12pm–4pm\* & Mon 25<sup>th</sup> 10am –2pm
- **Apr** – Mon 8<sup>th</sup> 12pm – 4pm
- **May** – Mon 13<sup>th</sup> 12pm–4pm\* & Mon 27<sup>th</sup> 10am– 2pm
- **Jun** – Mon 17<sup>th</sup> 10am – 2pm
- **Jul** – Mon 1<sup>st</sup> 12pm – 4pm\* & Mon 29<sup>th</sup> 10am – 2pm
- **Aug** – Mon 12<sup>th</sup> 12pm – 4pm & Mon 26<sup>th</sup> 10am – 2pm
- **Sep** – Mon 9<sup>th</sup> 12pm – 4pm\* & Mon 23<sup>rd</sup> 10am – 2pm
- **Oct** – Mon 21<sup>st</sup> 10am – 2pm
- **Nov** – Mon 11<sup>th</sup> 12pm–4pm\* & Mon 25<sup>th</sup> 10am – 2pm
- **Dec** – Mon 9<sup>th</sup> 10am – 2pm

**The health clinics provide a range of services including:**

- Health assessment
- Screening and referral
- Cervical smears
- Sexual health services and contraception
- Community dietitian
- Podiatry
- Enduring illness management
- Advice on medication
- Helping you develop a health plan to meet your goals
- Helping you know who and what is available to meet your wellbeing needs

We are happy to see you for any health advice, education or support and will work with other health providers (for example your GP or local hospital) to enable the best care for you.

**THERE IS NO COST FOR OUR CLINICS & APPOINTMENTS ARE NOT NECESSARY**

Please contact Awarua Whanau Services on 03 218 6668 for any questions. Any changes are posted on our website [www.awaruashs.maori.nz/clinics](http://www.awaruashs.maori.nz/clinics) and FB <https://www.facebook.com/awaruawhanau/>

\*denotes podiatry available in clinic