



**Kōwhai:
Māreikura Tū Kōwhai
Younger Māori Women's Wellness Programme
after Breast Cancer hui**

Nau mai, haere mai, welcome, welcome.

ABOUT THE PROJECT

Research has shown that certain lifestyle factors and health behaviours can have a positive impact upon quality of life, chronic disease risk factors and other health related areas, for women after cancer.

A team of leading Australian and New Zealand health researchers are undertaking a study to pilot an Australian lifestyle intervention in New Zealand women. The intervention aims to improve health and wellness in younger women after treatment for cancer.

The research team is looking for Māori women to participate who:

- Are New Zealand residents
- Are aged 18 to 50 years
- Have completed treatment for breast cancer (surgery, chemotherapy, radiotherapy) in the last 24 months (you can be on endocrine therapy)
- Have no metastatic disease
- Are able to speak and read English

Date: Tuesday 3 November

Venue: Umupuia Marae, 153 Maraetai Coast Road, Auckland

Time: 9 - 2pm

RSVP: Dr Tess Moeke-Maxwell

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