

HE TAKE NUI TE MATE HUKA KI TE KATOA



- Kei te noho mōrearea ngā tāngata katoa ki te mate huka. Mahia te whakamātautau tuihono, ka rapu i tō noho mōrearea ki te mate huka momo 2.
- He mate te mate huka ka taea te whakahaere mehemea ka kitea wawetia, ka whai tautoko me te āta whakahaere i a koe anō.
- Ki te ako kōrero mō ngā Take Mate Huka, me karapa te waehe QR, me toro mai rānei ki tā mātau pae ipurangi – www.diabetesactionmonth.org.nz



**ME KARAPA I KONEI
MŌ NGĀ RAUEMI,
NGĀ ATAATA ME TE
RAPU I TŌ NOHO
MŌREAREA!**