

# Rāngai tohutohu hauora wāhine

**E ngahau ana koe ki te āwhina i te rangahau kia whakapaipai ake i te āheinga manaakitanga ā-arowahine?**

E tono ana mātou i:

- Ngā wāhine kua 18+ te kaumātutanga kua pāngia e ngā raruraru arowahine, hei taura, ngā raruraru mate marama.
- Ngā kaiāwhina o ngā whānau o ngā wāhine kua pāngia e ngā raru arowahine.
- Ngā kaimahi whare haumanu (ngā mātang arowahine me ngā nēhi).
- Ngā mema rōpū ā-hapori i te ao hauora ā-wāhine.

Tuia ai e tēnei hinonga ngā tini tāngata me ngā tirohanga rerekē ki te hauora ā-wāhine kia wānanga, kia arataki hoki i tā mātou rangahau, kia tōmene i ngā rautaki e whāia whakataunga ai e ngā hapori. Ka toru ngā wā ia tau hui ai te rōpū tohutohu.

Ka riro i ngā kainoho tētahi koha \$50 i ia hōra noho ai ia hei mihi.

Mō te roanga atu o ngā kōrero, whakapāngia:  
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