Inspiration, Ideas & Motivation

Value yourself, value your loved ones, value your business: come to the first Te Hūmeka event of 2015 and start the year the way you'd like to finish it.

#### HInga Whiu

Raukura Hauora o Tainui 'All about whānau'

#### Ariana & Tama Potaka

TriMãori

'Explore how your business can benefit and become involved in the TriMãori movement'

### Johnny Gillett

Waikato CrossFit Director/Trainer 'CrossFit a cult or community, the benefits of adding CrossFit to your life'

## O'Malley Whānau (Janna, Kenny, Teina)

**OMP** 

'Whānau transformation through hauora'

Te Hūmeka is a platform for Māori Businesses to network, develop, & share their successes & challenges. Open to any person or organisation interested in advancing Māori business aspirations.





# **HAUORA**

Healthy Body, Healthy Mind, Healthy Whãnau = Business H<mark>ealth</mark>

Whose business is it whether I'm fit and healthy or not? Actually, apart from your loved ones, it's your business' business.

Join us and be in quick to register

WHEN: Thursday 26 March 2015

**TIME:** 5.30 - 8pm

**VENUE:** Speight's Ale House

30 Liverpool Street, Hamilton

**COST:** \$10.00

**Limited Numbers: Book Now!** 

Queries & RSVP Kim Hill 021 243 8546 events@tehumeka.co.nz By Friday 19th March











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