



FREE Rongoa Rakau Workshop



The
'Mara Kai Community Garden'
is a joint project between Kaitaia Transition Towns, Far
North Environment Centre and Te Hauora and we would
love for you to come along and be part of it.

In November 2010 a Rongoa workshop
'Hikoi ki Mangamuka ngahere'
was held, the next workshop is on
Rongoa Rakau, specifically
Mahoe, Koromiko, Kawakawa, Hangehange and to learn
the medicinal benefits of these.

So come along learn, listen and share your
knowledge on rongoa on:

Date: Friday 25th March

Venue: Te Hauora O Te Hiku O Te Ika
49 Redan Road
Kaitaia

Time: 11.00am – 1.30pm

Facilitator : Matua Joe Body

To bring: A shared lunch

Pictures taken from our Hikoi ki Mangamuka ngahere last year



For more information on this workshop

Contact Rikki Rolleston at Te Hauora O Te Hiku O Te Ika
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