



Enjoy better health!

**Puāwai - Kai is a free course,
8 sessions, 2 hours per week.**

Learn about:

- Looking after your health with food
- Managing stress
- Moving more
- Increasing energy
- Sleeping well
- Cooking nutritious food for yourself and your whanau

**Small changes in the way you
live can add up to a big change
in your health!**

**Call, email us, or register
through our website.**



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Session 1

- Enjoying a healthy relationship with food
- Having a routine
- Try breakfast foods

Session 2

- Filling up with whole foods
- Making water your friend
- Try curried Kumara soup

Session 3

- Sleeping well
- Moving
- Taking care of you
- Eating mindfully
- Try salad bowls

Session 4

- Why cook?
- Know what you eat
- Cook homemade pizza

Session 5

- How to read a recipe
- Cook Tuna baked potatoes and bean salad

Session 6

- Different ways to cook eggs
- Cook mini vegetable quiches and easy coleslaw

Session 7

- Making multiple dishes from one recipe
- Legumes
- Cook nachos and green salad

Session 8

- How to cook rice
- Cook chickpea and vegetable curry