

# Giving YOU and BABY a HEALTHY start to every day!



Join a fun  
& friendly  
group near  
you

Learn how  
to shop smarter,  
read food labels  
and prepare tasty  
dishes !



Learn how to  
be healthier,  
keep active  
and try  
yummy food!



Receive  
health  
information  
and support  
through text  
messages

**CALL NOW**  
Let's talk about  
yours and  
baby's health  
today!

Try our fun low  
impact & low  
intensity group  
exercises!



## TEXTMATCH

We text you FREE health information  
and support during pregnancy and  
baby's development



## Call today

**PROMOTION:** chance to win \$250 gift

**WEBSITE:** [healthybabies.org.nz](http://healthybabies.org.nz)

**EMAIL:** [info@healthybabies.org.nz](mailto:info@healthybabies.org.nz)

**FACEBOOK:** [healthybabieshealthyfutures](https://www.facebook.com/healthybabieshealthyfutures)

Danielle Tahuri: 09 822 8010  
or 022 657 8189

Bushra Ibrahim: 09 815 2331  
or 022 464 7448

Fangfang Chen: 09 570 1188 ext  
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HealthWEST



Waitemata  
District Health Board  
Best Care for Everyone



THE NATIONAL INSTITUTE FOR  
HEALTH INNOVATION  
THE UNIVERSITY OF AUCKLAND



CNSST  
FOUNDATION

Formerly known as Chinese New Settlers Services Trust

