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Due NOW: Your clean bill of health

The Warehouse Kaikohe is partnering with mid-North providers on Wednesday 23 November to offer a free health warrant-of-fitness as a commitment to the communities they serve.

In association with Te Hau Ora o Ngapuhi, Broadway Health, Diabetes Northland and Healthy Families Far North, people will be offered blood pressure and pulse checks to mark Diabetes Action Month.

In addition, Plunket New Zealand will be on hand to provide healthcare advice for infants, toddlers and pre-schoolers.

The Warehouse Group Ltd Wellbeing Support Manager Phillipa Bennetts says a storewide health and wellbeing programme already supports up to 8,000 employees in its 92 stores from Kaitaia to Invercargill.

She has developed a keen passion to share her knowledge from over 40 years' service as a registered nurse and says one of the Group's objectives is to influence sustainable change.

"Our foundation principle is to look after the environment, the community and its people. A healthy workforce equates to a healthy community – it is impossible to have one without the other," she says.

She says the Group places strong emphasis on the Mental Health Foundation of New Zealand's 'Winning Ways to Wellbeing' – connecting, giving, taking notice, keeping learning and being active – as a base for implementing positive initiatives.

Healthy Families Far North manager Shirleyanne Brown says collaboration is one of the key hallmarks of the initiative's goals – to improve population health in the areas where people live, learn, work and play.

"The Warehouse has demonstrated leadership many times over in the community health space. Healthy Families Far North is delighted to be involved in connecting



agencies for which health and wellbeing are core business, and this is one way we can align with preventative measures to combat chronic illness prevalence," she says.

Health checks will be offered at 17 Station Road, Kaikohe from 10am to 2pm.