

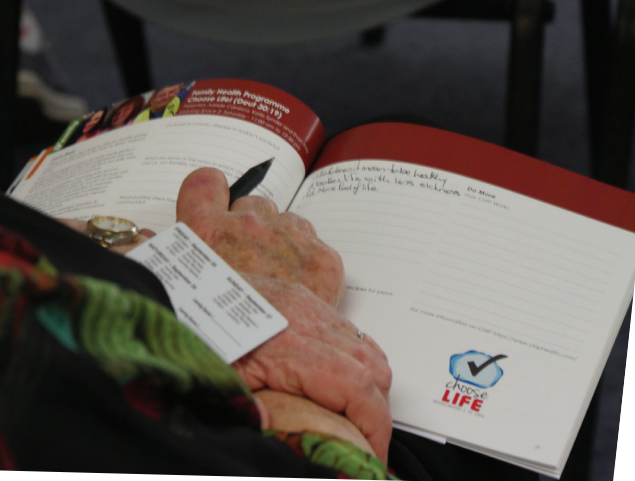


FAMILY HEALTH PROGRAMME



ADRA
NEW ZEALAND

IMPROVING FAMILY HEALTH IN OUR COMMUNITIES.



Healthy families are happy families, and happy families make thriving communities. Across New Zealand thousands of families are losing loved ones and missing out on life's great opportunities because of the poor lifestyle choices they make.

The *Choose Life Family Health Programme* is a four week lifestyle education programme designed to reduce disease risk factors through the adoption of better health habits and lifestyle changes. The resources, training and support aim to improve the health and lifestyle of all members of the families involved.

WHAT'S THE COST?

The programme costs \$12,000. Through the CPP the costs are split three ways:

Your Church	\$4,000
The Conference	\$4,000
ADRA	\$4,000
Total	\$12,000



The *Choose Life* programme caters up to 40 Households, 20 of those church members, and the other 20, non-church members. The programme provides the training of the facilitators and the resources such as cook books in order to help support better health habits.

This programme is run in partnership with Adventist Health Ministries.



Learn more and get involved today.

🏠 www.adra.org.nz ☎ 0800 499 911 ✉ adra.info@adra.org.nz