



Accidents happen – have a say in your health care with advance care planning #myACP

'Safety is paramount in the outdoors. I think it's important to be risk-aware but not risk-averse. It's balancing risk.'

Lee Den Haan,
Outdoor adventurer

Poutū-te-rangi

Tenth month of the Maramataka*

March

| Monday Rāhina | Tuesday Rātū | Wednesday Rāapa | Thursday Rāpare | Friday Rāmere | Saturday Rāhoroi | Sunday Rātapu |
|------------------|-----------------|--------------------|--------------------|------------------|---------------------|------------------|
| 28 | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | 1 | 2 | 3 |

*Names of the Māori lunar months can vary between iwi and hapū

Kia whakarite Be prepared



tō tātou reo
advance care planning