




# Naumai Haere Mai

Te Heke Ngaru Oranga (Taranaki Iwi Kaumatua – Surf Highway 45 Hauora Roopu), Arthritis Foundation and Toiora – Healthy Lifestyles invite whanau and community to:

**GOUT AWARENESS HUI at Toroanui Marae, Parihaka Paa, Pungarehu  
Thursday February 16<sup>th</sup> 2012 (10.00am Powhiri – 4.00pm)**

**Presentations, workshops and individual assessments including uric acid testing for Gout risk**



-  **GOUT** is a highly prevalent and costly disease having a negative impact on the Taranaki community and its productivity
-  **GOUT** is a common type of Arthritis more common in men. It is a serious chronic condition, it can be easily managed, **gout attacks can be prevented**
-  Well managed gout can lead to better health outcomes in the area of obesity, diabetes and cardiovascular disease because of its focus on self management techniques

## For further information contact:

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