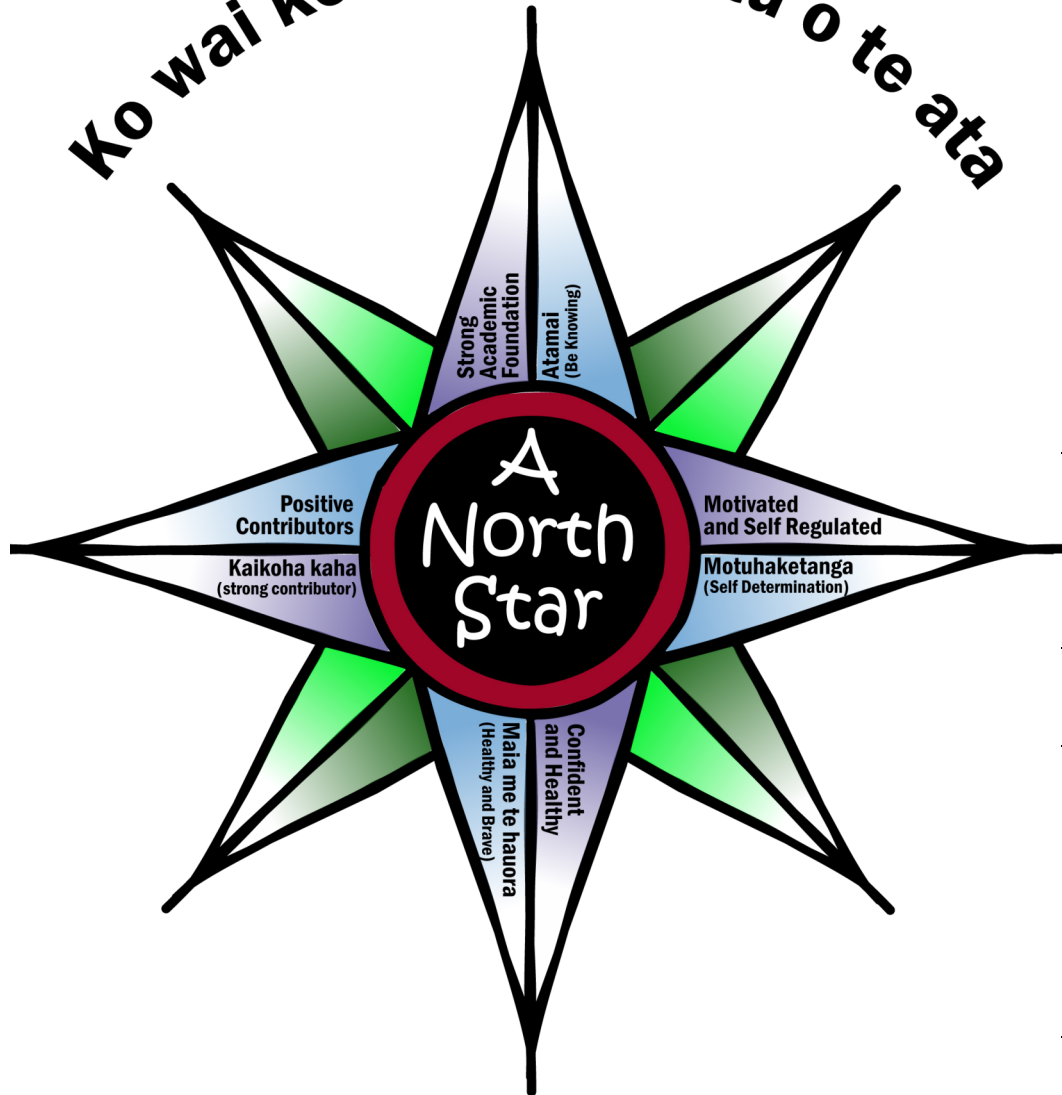


Ko wai ko wai te whetu o te ata



## Confident and Healthy

**Be willing to try new things**

- Be brave
- Learn from my mis-takes

**Believe in yourself**

- Stay 'sharp'
- Celebrate 'you'
- Be content

**Make good choices for myself**

- Be 'brain and body' wise
- Be active