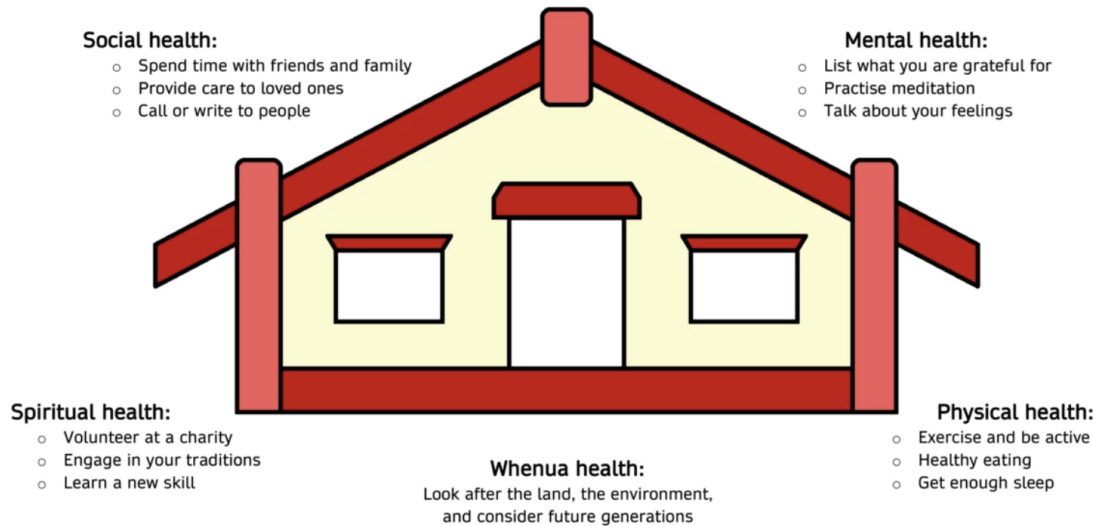


SELF-CARE

TE WHARE TAPA WHĀ: A MĀORI MODEL OF HEALTH & WELLBEING



Information sourced from:

Hauora: [Wikipedia](#) (online); and Te Whare Tapa Whā, [The Ministry of Health](#) (online).