

# NURSE-LED CLINICS

FREE HEALTH CARE

## Milton Clinics

Nurse-led Clinics deliver high-quality nurse care. Our nurses are healthcare professionals who have advanced education and deliver a range of health services.

- Performing physical exams
- Providing patient education
- Treating minor injuries
- Offering health promotion
- Support with disease prevention
- Co-ordinating care with other professionals
- Blood pressure and blood sugar checks
- Assisting whānau to meet their health needs

### July/ Hōngongoi

Tuesday 4th 3pm - 7pm &  
Tuesday 18th 10am - 2pm

### August/ Here-turi-kōkā

Tuesday 1st 3pm - 7pm &  
Tuesday 15th 10am - 2pm

### September/ Mahuru

Tuesday 5th 3pm - 7pm &  
Tuesday 19th 10am - 2pm

### October/ Whiringa-ā-nuku

Tuesday 3rd 3pm - 7pm &  
Tuesday 17th 10am - 2pm

### November/ Whiringa-ā-rangi

Tuesday 7th 3pm - 7pm &  
Tuesday 21st 10am - 2pm

### December/ Hakihea

Tuesday 5th 3pm - 7pm

**Clinics are held at**

**4 Shakespeare St  
Milton  
9220**

**All clinics are FREE**



Need more info?



0800 184 420



office@tokowaiora.co.nz