



Mauriora-
Diabetes Prevention

**Kia kaha te unu
wai māori**

**Drink water -
drink more water**





Mauriora - Diabetes Prevention
Wai māori, wai ora! Tihei mauriora

Tips...

- Wai maori, the spring of life
- Drink water when thirsty
- Choose water instead of sugary/fizzy drinks and fruit juice.

Own Tips...

