



Kia ora, my name is Kathleen, I am the Health Coach here at Kopata Medical Centre on Fridays. My role is to support you to manage your own health and

wellbeing through lifestyle and behavioral changes.

I can provide health and wellbeing support around:

- Prediabetes/diabetes management
- High cholesterol levels
- Weight management
- Healthy eating
- Being active
- Living well with long term conditions
- Quitting smoking

Appointments are **free** and take about **30 minutes**. Talk to your GP/Nurse or book through reception for an appointment with me.