



MAP

Mobility Action Programme

What is MAP?

- MAP = Mobility Action Programme is free programme lasting up to three months for people who have painful joint or muscle problems.
- MAP provides free physiotherapy, exercise, education and support.
- The programme is tailored to your individual needs.
- It is available in Wairoa, Napier, Hastings and Central Hawke's Bay.

Who can take part in MAP?

If you:

- Are Māori or Pacifica and live in Hawke's Bay or
- You live in Wairoa, Maraenui/Onekawa, Tamatea, Flaxmere, Camberley or Takapau

And you:

- Have had joint pain for more than three months
- Do not qualify for ACC

MAP will help you...

- Experience less pain
- Take part in more activities
- Receive quality advice, care and support to achieve your goals
- Meet other people with similar experiences
- Learn how to better manage your condition
- Achieve your employment goals

If you think MAP may be right for you phone
0800 662 7746
for more information.

*... a pathway to
better wellbeing*

