

A young couple is standing on a balcony with a metal railing, overlooking a body of water and a city skyline in the distance. The man, on the right, has a beard and is wearing a grey t-shirt. He has a large tattoo on his right arm and is holding a black water bottle. The woman, on the left, has her hair in a bun and is wearing a pink top. She is holding a smartphone and looking at it. The background shows a harbor with boats and a bridge under a clear sky.

Recharge through connection

Connection boosts belonging and joy. This **MHAW**, recharge alongside friends and whānau – shared wellbeing lasts longer.

my everyday
wellbeing
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