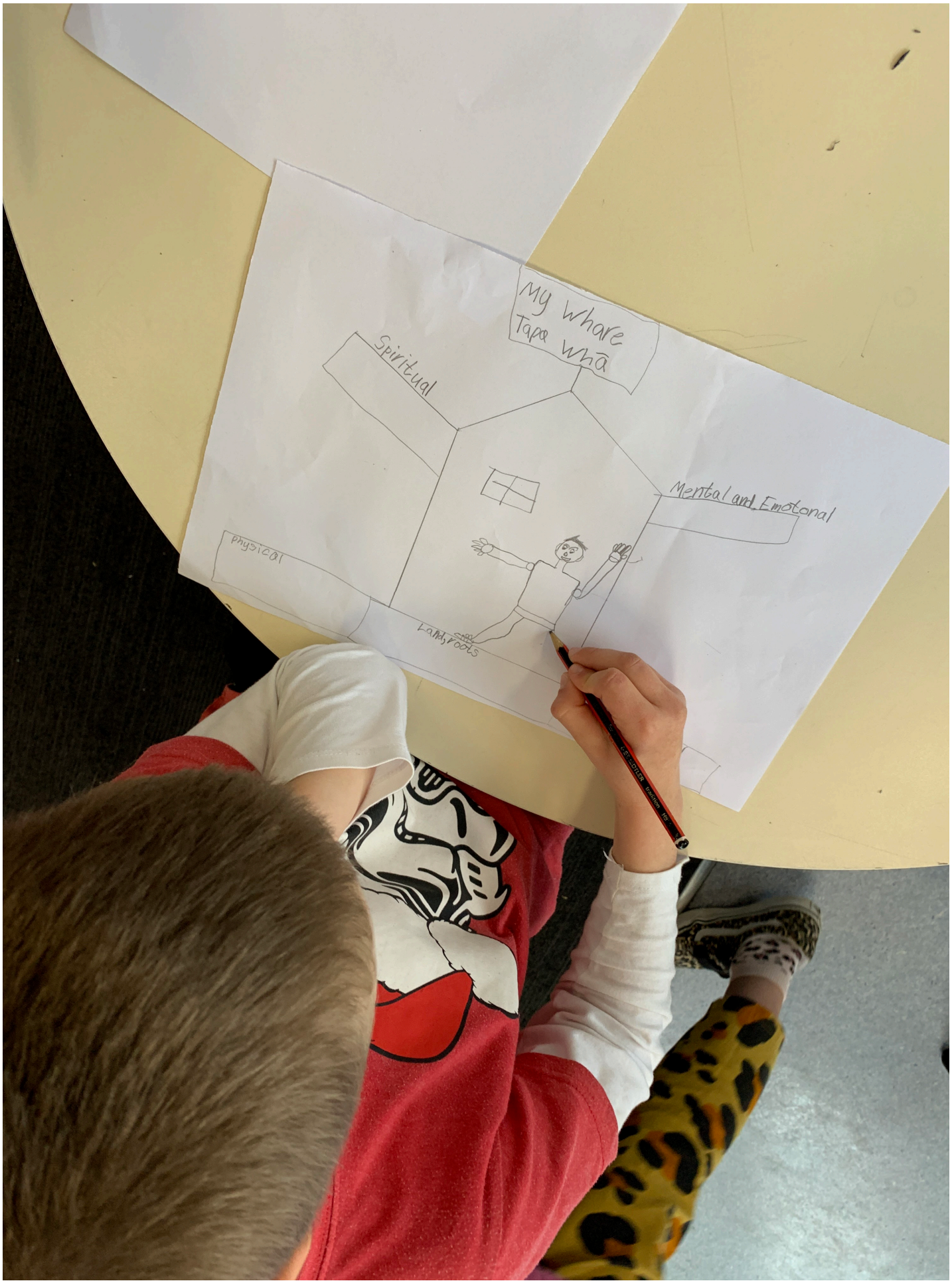

My whare
Tapa whā
Spiritual
Mental and Emotional
Physical
Family