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# Well Wāhine Week Case Study

Theme:  
Participation





[Helayna Ruifrok](#)


In 2019, we convened group of regional champions for women and girls in sport/physical activity, called Well Wāhine (WW). This growing group connects 35 wāhine and kōhine across variety of leadership/advocacy roles connected to sport, physical activity, fitness, health, wellbeing. The purpose of this group is to address inequities that wāhine and kōhine face to being active and well. Ongoing conversations in the year prior to this project articulated, among other things, a desire to create opportunities to participate in ways that made wāhine feel safe and did more to meet their needs.

## Well Wāhine Week Case Study & Insights

- [2021 Well Wāhine Feedback results.pdf 9.6MB PDF](#)
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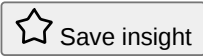
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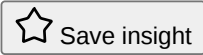
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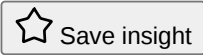
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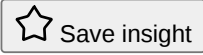


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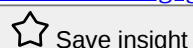


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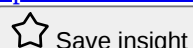
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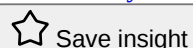


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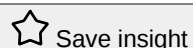


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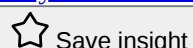
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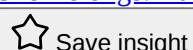
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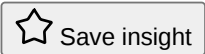
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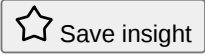
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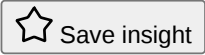
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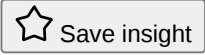
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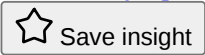
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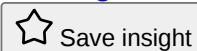
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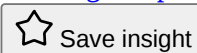
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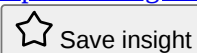
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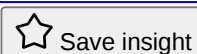
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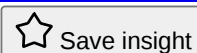
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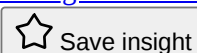
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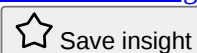
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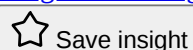
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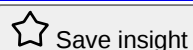
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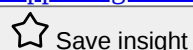
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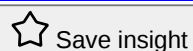
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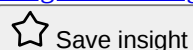
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